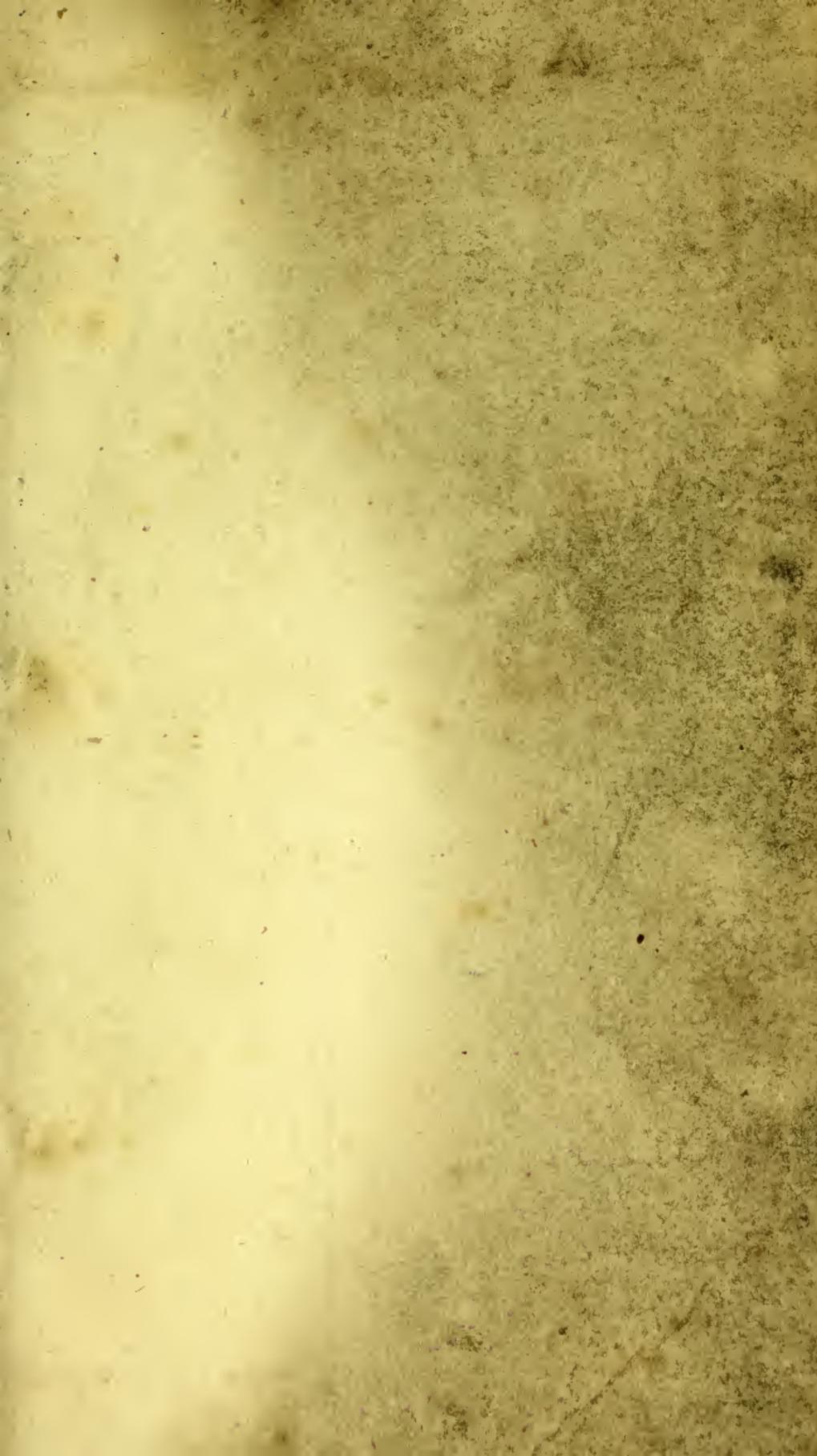




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THE  
MEDICAL DIRECTORY;  
OR,  
**Family Physician:**  
WHICH GIVES  
AN ACCOUNT OF EVERY DISEASE  
TO WHICH THE  
**HUMAN BODY**  
IS LIABLE;  
ALSO THE MOST APPROVED MEDICINE  
FOR CURE,  
TOGETHER WITH INSTRUCTIONS FOR  
**MIDWIFERY, SURGERY, &c.**

SECOND EDITION.

*Which contains an Appendix and Dispensatory*  
FOR THE PREPARATION OF OFFICIAL  
**COMPOSITIONS,**  
BOTH  
**GALENICAL AND CHEMICAL,**  
NECESSARY FOR PRIVATE USE.

BY E. BULLMAN, D. M.

PRINTED FOR THE AUTHOR AND D. T. DULMAR, AND SOLD BY MOST  
BOOKSELLERS IN TOWN AND COUNTRY.

1810.

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**ENTERED AT STATIONERS' HALL.**

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Warren, Printer, Faversham.

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TO  
HER MOST SACRED MAJESTY,  
THE  
QUEEN.

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*Madam,*

Will your Majesty be most graciously pleased to permit me to lay at your feet the humble tribute of my labours in this medical work, which I have compiled for the benefit of the public in general. It is the good example which your Majesty hath set forth through a long and happy reign, that stimulates and gives en-

couragement to every female lover of learning to exert their utmost abilities in imitating the same. Blessed amongst women is our illustrious Queen, whose wisdom re-echoes through the world, and whose virtues shine with resplendent lustre like a star of the first magnitude. May the omnipotent King of kings who hath placed the imperial crown on your Majesty's and our most gracious Sovereign's head, shower down his choicest blessings on you both, and all your royal branches. May the heavenly benediction descend upon you as the due of the morning, and may the Almighty God, by whose decree kings and queens reign, grant you a long and happy life; may he prolong it to an accomplished period for the welfare of your people. Mother of Britain, may you be blessed with prosperity and enjoy that inward consolation and peace of mind which may infinite-

ly exceed all the enjoyments of this life, howsoever great and magnificent : and as the heavens are high above the earth, so is your great and capacious mind, which will have the fullness of every satisfaction you can desire ; so that crowning you with glory and honour here, you may at last ascend on the wings of angels to those eternal and serene habitations of peace and tranquility, where you may wear an heavenly diadem, and be for ever transcendantly happy in the realms of eternal bliss ; is the most ardent prayer of

Your Majesty's

most humble, faithful, and obedient

subject, and servant,

E. BULLMAN.

*Faversham, May 1st.*

1810.



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## PREFACE.

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THE good reception which my first edition met with from the public hath induced me to write the second, and I flatter myself with gaining the esteem of the many respectable and worthy friends, at whose request I have now published this work. After many years study and practice I trust I am enabled to lay down such rules and prescriptions as, from their salutary effects on the different diseases they are adapted to cure, will be favourably received by those who choose to go by them, as directed under every disease incident to the human

body, and I have carefully observed to leave out those technical words and phrases used by the faculty in general, as they would by confounding the idea frustrate the measure of my intentions; hence I have endeavoured to render the work as plain and familiar as the different cases will admit, and through the Divine favour I have been successful in most of my undertakings, so as to render relief to persons labouring under the most painful diseases after many of them were deemed incurable. Through the whole of my study and practice philanthropy was my aim, then why should not others endeavour to fulfil the errand on which they were sent? Providence exacts from each a discharge of those duties imposed upon us by her wise dispensation, nor is it sufficient to perform those duties simply, we must call forth and exert the talents she has bestowed with firmness to the benefit of our fellow creatures, then how laudable would it be for all independent ladies, particularly those who possess great fortunes, to visit the humble habitations of the distressed and sick poor, and to give them medicines to mitigate their disease and restore them to their health, so as to render them capable of supporting themselves and families; it is from the opulent such duties are most required;

hence those who spend their leisure hours at card tables and other idle amusements should recollect they will have to give an account of such misuse of their time at the final audit of nature. A few generations back, the first ladies of rank took a pleasure in the study of physic, thus by their condescending to notice and assist the poor in the time of sickness and distress; they may justly be called worthy members of society and bright ornaments of the age they lived in; like the beams of the bright luminary of heaven which comforts the whole face of the creation and refreshes it by its influence, so are those exalted characters who consider the poor under every affliction in life. The art of physic is not difficult to learn. Providence hath appointed nature to resist and overcome disease; hence all that can be done by medicine is to assist her operations and to follow her steps; it is not the multitude of ingredients nor elaborate preparations which always perform a cure, but the knowing how to give medicines suitable to the disease, observing a proper regimen which is of the greatest importance, as medicine without proper regimen is of but little use. The foundation of the whole *materia medica* lays in a very small compass, principally consisting of quicksilver, antimo-

ny, bark, salt petre, rhubarb, iron, opium, together with the different herbs our own climate produces, is sufficient to cure every disease to which human nature is liable.

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THE  
MEDICAL DIRECTORY;  
OR,  
Family Physician.

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*CAUSE and PREVENTION of  
DISEASES.*

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THE numerous diseases mankind are liable to, require the strictest attention to discover their true causes, whether they originate from intemperance, imprudence, accidents, or from the parents. Acute diseases are frequently brought on by cold, originating from wet feet, damp beds and floors, going too thinly clothed, sudden transitions from heat to cold, drinking cold liquids when the body is heated, particularly cold water; I have known several persons die almost instantly after drinking a large draught of cold water when in a copious perspiration: such imprudence should be strictly guarded against. Damp beds have destroyed many good constitutions and lives. It is a custom too much prevailing at inns, to sprinkle the sheets after persons have slept in them, and to

B.

mangle or put them in a press, to lay on night after night, for travellers : who, being weary with their journey, fall asleep and receive the fatal effects imperceptibly, that proves their ruin, or their death. Even persons who have visited friends, have fallen victims by being laid in damp beds, owing to the ignorance or carelessness of those who had the management of their accommodation ; the cruelty of this custom can be deemed little better than murder : hence let those who have such negligence laid to their charge, consider that they will have to give an account for the injuries they have done to the healths and lives of their fellow-creatures, by such base conduct.

Wet clothes have no small share in bringing on colds, fevers, rheumatism, inflammations on the lungs, or other viscera, and often terminate in fatal consequences, trivial as the cause may appear : therefore, it highly concerns every individual to take care to have their bed-linen, and all wearables properly aired before they put them on ; and if wet on journeys, to have their clothes changed or dried as soon as possible, and to take (if travelling) some spirituous liquors, in preference to any other drink, as they keep up the vital heat of the circulating fluids, repel the cold and dampness from the pores, and keep up the insensible perspiration, which otherwise might be obstructed, and produce numerous diseases.

### *SLEEPING on the GROUND.*

Men in general who work in the fields, are accustomed to lie down to sleep for hours together,

in consequence of the body being heated by labour : all the pores are dilated, and attracts the dampness of the earth into the capillary vessels, which absorbs and conveys it into the whole body, from whence proceeds colds, coughs, asthmas, aches, and pains of the limbs ; inflammations, agues, and other fevers ; rheumatism, and frequently the loss of the use of the limbs.

All working men ought to wear flannel garments next their skin, particularly in the winter, and never throw off their clothes to work, except they have on an under dress. Bathing in rivers, and ponds of fresh water, when the body is heated, is often attended with the worst of consequences : the sudden chill of the cold water rushes through the pores of the skin, and repels the blood from the surface of the body to the internal organs, and causes many dangerous and fatal diseases. Those who are fond of cold bathing, should refrain from going into the water, until the body is gradually cooled.

Those persons who labour under the scrofula, scurvy, or have the itch, or any venereal taint, should first be thoroughly cured before they presume to marry : was this prudent step taken, we should not be eye-witnesses of the many grieved diseases that afflict infancy, and if not curable, either bring them to an untimely grave, or take away every comfort of life by a painful existence.

### *CLOTHING and DIET.*

Since mankind is the only part of creation which requires clothing, it behoves them to make it a rule through life, to make choice of that which,

is given by our universal and benevolent Creator: first to keep out the cold and shield us from the inclemency of the weather; secondly, to distinguish the different sexes; and lastly, to encourage industry.—That which is plain and neat, is most commendable to all ages, and both sexes; nothing displays the beauty or fine form of the female sex, so much as neat clean apparel, not followed up to the extremes of preposterous and ridiculous fashions, which are now too much the rage among the fashionable belles, who go so thinly clothed, as to ruin their health, and bring on many fatal diseases that hurry them into an untimely grave. Let every individual consider for what end our clothing was given, and I hope the reflection will not be unseasonable.

Clothing for infants should be calculated to keep them warm, avoiding all tight bandages, and the use of too many pins, as infants have frequently suffered by the carelessness of nurses in putting in their clothes a number of pins, and then trusting them to the care of other children to carry out of doors; perhaps the poor infant is placed on the ground to tumble about, while the young nurses go to play; not unfrequently is to be found pins sticking in some parts of its body; therefore, tape, buttons, hooks and eyes, would supply the place of those dangerous things: there is not only errors in the clothing of infants, but often in the diet; some parents, out of mistaken fondness for their children, allow them a part of every kind of food they take themselves, as flesh of animals, rich gravies, and sauces, high seasoned dishes, unripe fruits, and even

indulge them with wine, spirituous liquors, porter, and the like. Did those parents, nurses, or any person who have the management of children, but know the evil they bring on their offspring by these pernicious customs, they would avoid them, as they would giving doses of slow poison to their tender charge; for the baneful effects are equally as prejudicial to their constitutions and health, and pave the way to numerous diseases; as fevers, inflammations, rickets, gross unwieldiness, gripes, purgings, or costiveness, worms, hard swelled bellies, scabby eruptions on the head, and frequently all over the surface of the body, running sores behind the ears, groins, &c. enlarged glands of the neck, abscesses, coughs, which render the body unfit to encounter those diseases most liable to infants, as teething, the small pox, measles, hooping cough, &c.

The food most proper for children, is that which Nature sends into the world with them: namely, milk, which is the first kind of nourishment infants receive, and is the most nutritive and innocent, and should be continued after infants are weaned; cow's milk is proper to make different kinds of mixtures, as milk pottage, or to mix with panada, or to boil with water (equal parts) if too heavy alone; from milk and bread the whole diet of children should consist, until they have gone through all those diseases that are common to them in infancy. Those who have the care of children, should not use them to tea, as it relaxes the solids, destroys the lymph, renders the blood poor, and paves the way to rickets, debility, and causes hard

swelled bellies. Too many slops, and poor watery diet, should not be given to infants; their drink may be milk and water, whey, butter milk and water, or water alone, after it has been boiled, as boiling kills the insects, which the clearest water contains, even numbers in a single drop are imperceptible to the naked eye.

Infants should be carried out in the open air in fine weather as much as possible, and as much exercise as can be given for the space of twelve months, by which time, they, if properly managed, will run alone, and take that trouble off the nurses' hands. It should be observed, that infants should be washed all over their bodies every day in cold water, which will make them hardy and strong, and keep them in health. It is, undoubtedly, the duty of every mother who has health and strength to suckle her own children, unless she is conscious of any hereditary complaint, such as the King's evil, scurvy, or madness, in which case it becomes equally her duty (for the sake of her offspring), to let the office of wet-nurse devolve on another; but if she labours under a venereal taint, the child ought not to be suckled, as it may communicate infection to the wet-nurse; on the contrary, many children have contracted this dreadful disease by the breast milk, or having food given them from the mouth of diseased nurses, it is therefore necessary that every one employed in that capacity, should be examined either by a mid-wife or a doctor.

Errors in diet are the cause of a train of the worst and most painful diseases that can afflict mankind: thus the epicure, whose study it is to eat those lux-

uries that in time destroy the best constitutions, by overcharging the stomach, renders the digestion slow, and oppresses the several organs through which it passes: as the stomach and intestines into which the aliments are received, and one part turns to chylous or nutrional juices, called phlegm, which is taken up into the blood by numbers of small vessels, called lacteals, of which the bowels and internal organs abound; this chyle mixes with the blood to recruit the waste that is constantly made by the evacuations of the body, as chyle makes blood and juices, which forms the flesh, hence it is necessary to continue life from our food by those supplies. But gluttony, by oppressing and overcharging every organ in the continued canal through the body, brings on bilious diseases, by overcharging the gall bladder with fat and oily mixtures, which flow either into the stomach or bowels; from which originate sickness, excruciating pain by fermenting with acids, also cholicks, head-achs, by the vapours which ascend from the stomach to the brain, whose nerves are irritated and oppressed with overcharge of moisture, over corpulency, gout, difficulty of breathing, coughs, flying pains of the limbs, eruptions, ulcers, abscesses; inflammations arise from intemperance in eating and a sedentary life: those persons who live high and eat immoderately, seldom arrive to old age.

Nature requires but little to answer her purposes; in our diet, that which is most plain, course, and free from mixtures, is the best calculated to give health, strength, activity, a sound mind, and length of days: those who wish to avoid diseases, should

use an abstemious diet, regularity in their meals, to abstain from meat suppers, to make choice of animal food that is fresh killed —after three days the flesh of animals and fish begin to putrify, and by being ate in that state, is liable to create putrid fevers, and many other maladies; all salted and smoak-dried meats are hard to digest and make bad juices, disposing the body to cutaneous eruptions, scurvy, running sores, ulcers, piles, costiveness, &c.

### *INTEMPERANCE in DRINKING.*

This error is too much practised in the present age, not only by the higher order of persons, but among the poor and wretched, who spend their hard earned pence in ale-houses, without the least remorse for their families, their healths, or their want of other necessaries of life, for food, or for a future day: What an unworthy member of society is the drunkard, who toils with unwearyed perseverance to ruin his constitution, to waste his substance, to seek misery to himself, and those unfortunates who have any dependence on him:— What is the end of those besotted characters? a prison, a work-house, an hospital, or some miserable hut! Excess of drinking, inflames the blood, destroys the nervous juices, weakens all the vital and animal functions, occasions asthmas, coughs, ulcers of the lungs, or other viscera, atrophies, consumptions, and fatal dropsies, gout, stone, gravel, inflammatory fevers, scurvy, corpulency, over-growing of the liver, difficulty of walking, abscesses, sore eyes, pimpled faces, scabby eruptions,

attended with troublesome itching: these, and many more painful diseases, are produced from the fatal effects of hard drinking. Drink is more fatal than slow poison, turns nature out of doors and takes possession of the whole frame, by dethroning reason, working up the passions to fury and madness, by which the most dreadful vices have been committed that never can be excused, broils, murders, violence, thefts, and every crime hath been perpetrated by the baneful effects of this vice. Let the drunkard learn from the beasts, whose rules are taught by nature only, and there he may behold his own frailty as in a mirror—they are wiser and better than him.

### OF THE PASSIONS.

The effects of the passions of the mind have such a power over the body, that they hurry the whole system into such extremes, that often terminate in the destruction of their own health or of their fellow creatures.

#### *Anger.*

This is a most dangerous and destructive passion which at once overwhelms the reason, makes the aspect furious, and agitates the whole body: hurries the mass of blood from the heart and large blood vessels, by an increased circulation to the surface of the skin, and fills up the minute veins and arteries with an overcharge of that fluid which swells and distorts all the muscles, so as to cause great deformity of the countenance during the fit. Anger may be called a temporary madness, by

which men commit all manner of crimes, as murders and cruelties, by destroying the life or maiming not only his enemies but his dearest friends, and useful animals are often objects of his hellish fury, and perhaps are unoffending, but made the substitutes of those whom he cannot wreak his vengeance on; hence, after his committing the worst of crimes, and the *dæmon* of wrath hath left him, the bitterness of remorse and his own conscience renders him for ever miserable. Then, why not subdue the spark before it bursts forth into a raging flame? Why not sooth by religion the agitation of the mind—by patience and holding fast the helm of reason, which will steer the mind like a safe pilot in the midst of tempests and boisterous seas, who wisely turns his ship out of the way of rocks and quicksands, until he reaches the desired port? How many fine passages we find in the sacred scriptures, describing this passion and its baneful effects; in proverbs, the wise king says, “An angry man stirreth up strife, and a furious man aboundeth in transgressions: Make no friendship with an angry man, and with a furious man, thou shalt not go, lest thou learn his ways and get a snare to thy soul: A violent man enticeth his neighbour and leadeth him into the way that is not good:” again, “He that is slow to wrath is of great understanding; but he that is hasty of spirit exalteth folly: A discreet man deferreth his anger; and he that is slow of anger is better than the mighty; and he that ruleth his spirit, than he that taketh a city: Even riches profit not in the day of wrath, but righteousness delivereth from death.” Therefore let those persons, of

either sex, who give vent to their anger consider the fatal consequences of such imprudence, and if they cannot conquer themselves into reasoning, fly to the scriptures and offer up their supplications to their Maker, to turn away the fiery darts of Satan ; and by so doing, they will be able to resist every temptation, subduing them by degrees, until they become transformed to rational beings.—“ For wrath killeth the foolish man, and envy slayeth the silly one.” Anger causeth numerous diseases, as inflammatory fevers, apoplexy, hysterics, and epileptic fits, bursting of blood vessels, and sometimes lasting madness and death.

### *Envy.*

This passion is a link in the chain of the former, and consequently attended with baneful effects ; it may be termed the canker worm of the mind, by which some study secretly the destruction of others : but serpent like, hide by artifice what they are afraid or ashamed to act in public ; “ Wrath is cruel and anger is outrageous, but who is able to stand before envy ? ” Even the worst of murders have been perpetrated by malice, and every other ill that can perplex mankind ; and in time undermines the health, ruins the constitution, by bringing on fatal diseases which prove as destructive to themselves as they would be to others.

### *Fear*

Fear is the most excuseable of all the passions of the mind, there is no blame to be attributed to the effects of fear, which acts from some distress-

ing cause, that suddenly surprises, or gradually works up the ideas to such a pitch of terror that may cause many fatal diseases, and even death. In sudden surprise the blood is called to the centre of the body and mostly to the heart, where it presses that organ, also the large blood vessels with such overcharge of blood, that may cause suffocation, bursting of an artery vein ; also hysterick and epileptic fits, convulsions, or a deprivation of the reason during life.—All persons who delight in telling doleful tales of terror to children, or too rashly informing others of distressing news or accidents, death of friends, and the like, shoul<sup>d</sup> carefully break out bad news by degrees, and first prepare the mind to receive it, by exhorting to patience and the will of heaven. Sick persons, pregnant women, and those of a weak and irritable mind, cannot bear sudden frights or melancholy news ; children are apt to frighten each other, and listen to older persons, who amuse themselves by telling stories of apparitions, who, at the dead of the night, haunt the assassin or perjured villain who hath caused their end ; that there are such things, I am convince, and we have a fine passage in JOB. chap, iv. ver. 12. “ Now a thing was secretly brought to me and mine ear received a little thereof. In thoughts from the visions of the night, when deep sleep falleth on men, fear came upon me, and trembling, which made all my bones to shake. Then a spirit passed before my face ; the hair of my flesh stood up : it stood still but I could not discern the form thereof : an image was before mine eyes. there was silence, and I heard a voice saying, Shall mortal man

be more just than God? shall a man be more pure than his Maker?" This is a striking proof that there are supernatural beings, which are permitted to appear to the living when our Maker sees fit to communicate any awful mission to mankind.— During my own practice I have seen some instances of the effects of fear—two persons who were not labouring under any particular disease, applied to me to bleed them, and fainted away at the idea of the operation before I had taken out my lancet, or tied up the arm: one of these was a man, the other a woman. It is not only grown persons who are overcome by fear, but children are liable to the same; but the most melancholy scene I have been witness to, hath been the terrors of the wicked at the hour of death, when it seemed they had a view of both worlds at once. Then why should not every person endeavour to live so that they need not fear to die? "A wounded conscience, who can bear?"—There has been many instances of persons dying through fear, and others deprived of their reason for life.

### *Grief.*

This mournful passion is brought on by many occurrences, as the loss of dear friends, loss of property, loss of virtue, which is truly to be lamented, loss of reputation and confidence of our friends, oppression from lordly beasts of prey, who grasp the poor with deadly fangs and mar their comforts, whilst grief, like the corroding hand of time, brings on disease and death; hence persons under affliction, should console themselves with firm assurance

that they will be amply rewarded in time to come, for all unforeseen troubles that Providence sees fit to afflict them with. The many vicissitudes of life which some persons labour under more than others, is no proof of their being less favourites of their Creator; but being the chosen of God, who can overcome the misfortunes of the world by a patient resignation to his wise dispensations.

“Lean not on earth, 'twill pierce thee to the heart,  
“A broken reed at best, but oft' a spear,  
“On its sharp point peace bleeds and hope expires.”

Then why afflict ourselves for trifles, and give way to troubles that naturally hover round us as thick as atoms, but with heroic resolution surmount them, since we know, that

“To vanity and earthly pride, how short a date is given,  
“The surest rock that will abide, is confidence in Heaven.”

Grief is slow in its effects on the constitution, but if cherished and encouraged is fatal in the end, by bringing on atrophies, consumptions, nervous diseases, as palsy, dropsy, hysterick fits, a fixed melancholy, or a lasting madness. This destructive passion gradually undermines all the vital and animal functions, relaxing the solids, destroys the appetite, chaces away sleep, and obscures the mind amidst the cheerful company of friends and dearest companions: therefore persons, who are under the influence of this baneful passion, should fly to innocent amusements, as music, drawing, reading, writing, travelling, or taking a journey to a distance: if not convenient, frequently take a walk

with a social companion ; and this will in time, totally eradicate the evil.

### *Despair.*

This passion is often the effects of grief from misfortunes—the death of friends, from disappointments, particularly that of love ; pride also has its share in creating this passion ; also jealousy ; religion, when improperly treated on, to the ignorant, and those who are bigoted and credulous. I have known several instances of weak-minded persons, after hearing a harsh sermon, to return home and commit suicide ; therefore, preachers should beware of that doctrine, which is too severe for many of their hearers. It is better to sooth than to terrify into Heaven—the Almighty never created any of his creatures with a design that they should perish eternally ; neither is it consistent with his justice, to admit the hardened unrepented sinner into bliss. But he hath made a way for all to be saved, by sending the Messiah to make up the breach between himself and mortal man, who tries and wishes for salvation ; by that means it is the fault of man himself if he perishes, as much as to throw himself into the fire or water. Then why should sinners, who are awakened to a sense of their faults, give themselves up to despair when they may rest assured, that by forsaking their evil courses they will be saved ? The same scripture that condemns the wicked, promises pardon on repentance. Then take up the cross, and continue the pilgrimage cheerfully, and the reward is sure. If despair is the consequence from loss of friends and

dear companions, look forward, and consider they are not lost, but gone a little before us: we shall meet again in a spiritual state, more permanent than this world, which is no continuing city.

“ Ah ! in what perils is vain life engaged !  
“ What slight neglect, what trivial faults destroy  
“ The hardest frame ! Of indolence, of toil,  
“ We die ; of want, of superfluity :  
“ The all surrounding heaven, the vital air,  
“ Is big with death.”

ARMSTRONG.

There are no persons so ignorant but they know themselves under sentence of death, from the moment they are born; and why be set upon the vanities of the world, or its pernicious cares? Why not solace ourselves by hope, and live cheerfully in the world, until our departure comes to make us completely happy? Death is a blessing, and not a curse: nor is it in the power of the most skilful physician to ward off the blow—there is an appointed time for all to die: medicine is in vain to save life—it is designed to cure diseases and mitigate pain. Therefore let the afflicted fly to the means to continue health, as the greatest blessing Providence and Nature can bestow.—If persons give way to melancholy from poverty and want, let them consider we brought nothing into the world, nor can we take any thing away with us; therefore, if the necessaries of life are denied to the poor, it is only a trial to the rich—to prove, whether they can see their fellow creatures starve for want of what they withhold from them. This is too much the error of the opulent, who, betrays the trust committed to their charge by the

benevolent parent of good ; the impious rich will have this world, and the worthy poor the blessings of the world to come. Hence persons who labour under despondency, should avoid solitude, and never be alone, but amuse themselves as directed in the last subject.

*Love.*

This passion is the source of more destruction than any of the former, and is confined to mankind alone : it never affects the brute creation, who act according to Nature—attachment and fidelity is found in the animal tribes, but not love. This passion is said to be of heavenly origin, offspring of the divinity ; it travels in the garb of innocence—but too often the serpent is couched under the dove, and gives a deadly wound imperceptibly. There are three sorts of love, the one pure and disinterested, seeking the good and happiness of others, that scorns interest, hypocrisy, or to afflict, torment, or take any advantage. This love is celestial, and the child of Heaven, full of benevolence, charity, tenderness, humility, and every act of piety.—There is another kind of love, which is necessary to the union of the sexes, for the continuance of the creation of man ; since by it millions of immortal spirits are placed in the body to glorify their maker here and hereafter. But that kind of love which is joined with concupiscence only to gratify the carnal desires by a base seduction of the unguarded female, who expects honour from the wretch that aims at her destruction. There is no expectation from that man who will dare to at-

tempt the ruin of the weaker sex, whom he afterwards abandons to misery. The number of unfortunate females who subsist on prostitution is truly to be lamented, and that the temporal laws do not inflict a more severe punishment for the crime of *seduction*. It is the greatest misfortune that can befall a woman, to fix her love upon a base and designing man—her ruin is inevitable! few men have the gratitude to return love for love, although they expect it from females; who, should shun the first attacks of that passion, by avoiding the object of their destruction;—but, if the love is mutual, and meets with a return, it is a blessing—if not, a curse. By the many mischiefs which occur from disappointment, imprudent marriages, and what is worse, the seduction of married women, which brings destruction on whole families: from which murders, suicides, and a thousands ills proceed. Those persons who indulge this passion often fall into incurable diseases, as consumptions, atrophy, and hysterick fits; also melancholy, madness, nervous diseases, loss of appetite, and a general discontent of mind, with a dislike to every comfort of life.

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### *Of COMMON COUGHS and COLDS.*

Colds often originate from obstructed perspiration, which is caused by sudden transitions from heat to cold, as setting by a warm fire and immediately going out of doors without putting on garments necessary to shield the body from the chills which are occasioned by the change, from

air rarefied and that impregnated with moist saline or nitrous particles; also wet feet, damp beds, or clothes, over heating the body and setting between the drafts of doors or windows opposite to each other; drinking warm mixtures of spirits and water, before going out in the night air; also going too thinly clothed in the most inclement seasons. The first symptoms of a cold, is a chillness over the whole body, pains of the head and limbs, stoppage of the nose, laborious breathing, redness of the eyes, and drowsiness, to which proceeds a running of the nose, soreness of the throat, a cough, and frequently hoarseness; the pulse is quick, and the urine thick and torpid: when patients first find the attack of a cold, they should immediately reduce the quantity of diet, and eat but little of animal food, to entirely abstain from salted or smoked meats, also from spirituous liquors which tend to heat and inflame the blood, and converts a common cold into an inflammatory fever: the cure consists as much in regimen as medicine, patients should bathe their feet in warm water for the space of fifteen minutes, then wrap them in flannel and go to bed, drinking at the same time, half a pint or a pint of wine whey, or water gruel, balm and sage tea, with a lemon sliced in, to make it palatable, sweeten with honey or sugar candy; also a decoction may be made with tamarinds, boil an ounce in one quart of water, and drink as the patient approves; in obstinate colds attended with a cough, milk diet is preferable to all others, except broths, which should make the principle part of the aliments, until the

perspiration is restored and the symptoms abate. If a cold will not yield to the above treatment, medicine is necessary to prevent a fever, pleurisy, abscess of the lungs or other viscera; if there is a plethoric habit, difficulty of breathing, pain in the stomach, stitches in the side, listlessness, a quick pulse, heat in passing the urine, great thirst, a florid countenance, and other symptoms of inflammation, bleeding should be performed as soon as possible, twelve ounces of blood may be let from the arm, and take the following

### *Emulsion.*

Take of spring water, six ounces; olive oil, one ounce and a half; of kali, half a dram; of honey, half an ounce; mix and shake them well together; dose, two table spoonfuls every four hours.

### *Emulsion when there is no symptoms offever.*

Take of distilled spearmint water, six ounces; french brandy, a table spoonful; olive oil, one ounce and a half; volatile aromatic spirit, two drams, mix; dose two table spoonfuls every four or six hours; if the patient is deprived of rest by the violence of the cough, twenty or thirty drops of tincture of opium may be added to the emulsion.

### *A Decoction from Herbs.*

Take of hysop, half a handful; of the leaves of coltsfoot, a handful; of maidenhair, half a handful; of liquorice root sliced, half an ounce; boil

them in three pints of water gently for twenty minutes, pour off clear, and drink a wine glass full three or four times a day: or take of japan earth called catechu two drams, dissolve it in six ounces of infusion of coltsfoot or hysop; sweeten it with honey or sugar, take two table spoonfuls every six hours; this is proper when there is a troublesome looseness.

*Another.*

Take of white horehound, hysop, and liquorice root, each an ounce, boil them in a quart of water, slice in a lemon, and let it simmer gently about twenty minutes, pour off clear, and take a tea cup full frequently.

*An Electuary against hoarseness.*

Take conserve of hips and archangel flowers, each an ounce; of sweet almonds blanched, half an ounce; powder of spermaceti, two drams; beat them altogether with a sufficient quantity of sirup of marshmallows; afterwards add species of diatragacanthi, frigid, half an ounce, make into an electuary with the same sirup; afterwards mix with the whole, forty drops of spirit of sulphur; dose, the size of a nutmeg two or three times a day; this is an excellent remedy in catarrhs, and sharp rheums from the head to the glands of the throat, also for the kidneys and urinary passages, which it cleanses from sand and tartarous matter, cools and allays pains from ulcers, or inflammations which may happen in those parts.

*An Electuary when there is beginning ulcers in the lungs, soreness of the stomach, &c.*

Take honey, four ounces; spermaceti powder, half an ounce; balsam of peru, half a dram; mix them, and take the size of a nutmeg two or three times a day

*A Decoction for children in colds and coughs,*

Take hysop and fennel water, each half a pint; sliced liquorice root and sugar-candy, each one ounce; simmer them altogether over a slow fire, for the space of fifteen minutes, strain and give to infants half a pap spoonful two or three times a day; grown persons may take two table spoonfuls every four hours. To restore obstructed perspiration in infants, ten or fifteen grains of the Countess of Kent's powder, or Gascoin's powder, may be given in a little balm or rosemary tea at night going to bed.

*Pills for a cough.*

Take storax, strained, two drams; flowers of washed sulphur, one dram; white benjamin, half a drachm; beat them altogether and make them into midling size pills, with sirup of balsam; dose, three or four twice a day; their use may be continued sometime until the cough abates.

*Simple mixture.*

Take honey, four ounces; oil of sweet almonds, half an ounce; the juice of one lemon, mix them and take a tea spoonful when the cough is trouble-

some : the most prudent method attended to in colds, coughs, and all febrile or chronical diseases which have their origin from colds neglected, or improperly treated, should be to keep moderately warm, to be sipping some weak liquid frequently, to lay in bed more than usual, to avoid too much exercise, also heavy meals ; if there is a purging or costiveness during the continuance of the malady, the purging may be carried off by gentle doses of magnesia or rhubarb, and tincture of senna ; for children, a little manna may be given at the interval of two or three days.

### *The Balsam of Mecca.*

Take of the balsam of mecca, one tea spoonful in a glass of cold water, every four or six hours, which will infallibly cure colds, coughs, and beginning consumptions ; dose, to infants, six drops, or as many drops as years old, in cold water.

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## *OF CONSUMPTIONS.*

This disease proceeds from a variety of causes, and is frequently brought on by other diseases, which have been neglected or improperly cured ; such as colds, fevers, small pox, measles, the scurvy, scrofula, obstructions or overcharge of the menses, seminal weakness, venereal disease, long courses of ill prepared mercury, from crude quicksilver, corrosive sublimate, also antimony : over strong vomits too often repeated, the too frequent use of spirituous liquors, green tea drank

without milk or sugar, which proves destructive to the whole nervous system, and in time destroys the lymph of the blood, renders it light and impoverished, brings on tremours, relaxing all the solids, until the patient falls into an atrophy which may end in death; hence every drinker of green tea should use plenty of milk and sugar with it, seuchong tea is more nutritive; sedentary employments have a great share in bringing on consumptions, also the fumes of metals or charcoal, drying up of issues or old running ulcers without correcting the virulence of the humours; all stooping employments with the head leaning over the chest, may occasion consumptions, also the depressing passions. The symptoms are a slight cough, hoarseness, weariness after motion, oppression of the breast, sickness, night sweats, pain of the side, under the short ribs, a quick but languid pulse, thirst, dryness of the tongue, mouth, and throat, the appetite fails, and the patient is under great anxiety of mind, the body is either bound or has a troublesome looseness, the urine is pale and thin, or has a thick sediment at the bottom, alternate flushes of heats and chills succeed each other, with a spitting of a frothy or yellowish matter often streaked with blood, denotes there is an ulcer formed in the lungs or some other internal organ: the cure of a consumption depends on a knowledge of the real cause it proceeds from; if it is occasioned by the King's evil, scurvy, venereal disease, drying up of issues or ulcerous sores, small pox, measles, obstruction of the menses, &c. the cure must be performed by medicine and regimen, as

recommended on those subjects : if the disease proceeds from cold, obstructed perspiration, wet feet, sleeping in damp beds, or any other cause, the patient should endeavour to restore the perspiration by taking warm liquids, keeping within doors, laying in bed more than usual, and abstain from animal food, heavy suppers, avoiding labour, and fatigue, which often converts a slight cold into an inflammatory fever, consumption, asthma, pleurisy, or a settled cough.

The diet in consumptions is of more importance than medicine, but a regular course must be continued till the cure is performed ; the patient must live chiefly on milk diet, avoiding animal food, such as beef, pork, and venison, which creates bad juices, and is hard to digest ; a little mutton may be eaten ; also fowls boiled, eels, and raw oysters; eggs, calves feet, tripe, puddings, pies, tarts, and jellies of all kinds ; also fruits, such as apples, plumbs, peaches, apricots, cherries, raspberries, gooseberries, oranges, lemons, tamarinds, with all kinds of acids ; many herbs are useful, which may be made into tea and drank for breakfast with milk, and sweetened with honey or loaf sugar, as coltsfoot, liquorice root, sorrel, also sallads of endive, lettuce, mint, young onions, purslane, cresses, dressed with vinegar, oil, and eggs, may be eaten with lamb, mutton, veal, &c. also potatoes, turnips, radishes, asparagus, and cellery, which if continued for a length of time, with taking moderate exercise in the morning when the weather is dry, or changing the air by going to a distance, or from town to the country, and daily following a plough, or by

digging up a turf of earth and receive the smell every morning fasting, afterwards drink new milk from the cow, or asses' or goat's milk, or butter milk, if it can be obtained, will sooner cure a consumption than all the medicines that can be prescribed by the most skilful physicians; I have known patients receive much benefit by the effluvia of old dunghills when removed, the patient standing near them to receive the vapour have recovered soon after; the most proper situation for consumptive persons is at a farm house in the country, where turf or wood is burnt, by these means I have restored patients to health when apparently in the last stage of the disease; if the patient is too weak to walk, a morning ride will answer the intention; if there is night sweats, the patient should lessen the quantity of covering so as not to take cold, should keep the mind serene, avoiding the depressing passions, anger, grief, and fretfulness, which is too common an attendant on consumptive patients, and aggravates the disease; there is but little chance of recovery not only of this but many other diseases, when the mind is in continual agitation under pining discontent: hence to avoid it, cheerful company and innocent amusement should be made choice of, which will have very happy effects.

#### MEDICINE.

In the first stage of a consumption, if the patient is young, and the disease proceeds from obstructions, small bleedings repeated often will be of singular service. I cured a young woman of a

consumption by frequent bleeding and the following medicine, when she had been given over as incurable by many of the faculty:—

*Broth for Consumptions.*

Take a young pullet, picked, drawn, and cut in pieces, sheeps trotters, and calves feet, of each four; shavings of hartshorn and ivory, each half an ounce; of yellow saunders, three drams; dates, forty; raisins stoned, four ounces; pearl barley, one ounce; boil them in four quarts of water till it comes to two, when it is nearly enough boiled, add ox eye flowers, leaves of coltsfoot, canada, maidenhair, and sage, each one handful; mace, half a dram; one nutmeg grated, when the ingredients are boiled, strain the liquor off, and add of malaga sack, one pint; the patient may take a tea cupful frequently.

*A Decoction for the same.*

Take ox eye daisy flowers, dried, one handful; snails, washed clean, three in number; candid eryngo root, half an ounce; pearl barley, three ounces; boil in spring water from two pints to one pint and a half, strain and take a quarter of a pint warm every six hours.

*Another.*

Take garden snails cleansed from their shells, twelve in number; new cow's milk, two pints; boil gently to one pint, add rose water, two ounces; cinnamon, half a dram; sugar candy, half an.

ounce; the ingredients must be kept stirring whilst it boils, to prevent its burning to the bottom of the vessel.

*An Infusion for the same.*

Take leaves of the great comfrey, Solomon's seal, plantain, and burnet, of each, four handfuls; liquorice root, two ounces; infuse them twelve days in two gallons of lime water cold, pour off the clear part, and drink half a pint every six hours; this medicine may be taken by females who have the whites, by which drain consumptions are frequently brought on; it is proper to be taken when the disease proceeds from the scurvy, scrofula, or who have had the venereal disease, and are consumptive through a thin sharp blood.

*Another.*

Take gum olibanum, one dram; loaf sugar, half an ounce; pennyroyal water, one ounce and a half; water of nutmegs, two drams; powder of rhubarb, four grains; mix and take for one draught going to bed.

*Emulsion to be taken with the above.*

Take spermaceti in powder, one dram; pennyroyal water, eight ounces; water of nutmegs, one ounce; tincture of opium, ten drops; loaf sugar, four drams; mix and take two table spoonfuls, every four hours in the day, and the draught at night; this may be taken for the whites, or an old gleet, or an atrophy in females when the constitution is decayed.

*Pectoral Infusion.*

Take ground ivy leaves, two handfuls; liquorice root sliced, two ounces; infuse them in a gallon of boiling barley water for two hours, strain and take this for common drink.

*An Emulsion when there is a Cough.*

Take simple elextorial water, seven ounces; spirituous elextorial water, one ounce; olive oil, one ounce; volatile aromatic spirit, one dram; spirit of lavender, two drams; loaf sugar or pectoral sirup, sufficient to sweeten the emulsion; take two table spoonfuls every six hours.

*An Electuary.*

Take Iucatelas balsam, half an ounce; conserve of roses, half an ounce; balsam of Peru, forty drops; spirit of sulphur, ten drops; make into a smooth electuary; take the size of a nutmeg with a table spoonful of French brandy, every morning fasting.

*A valuable Sirup in Consumptions.*

Take of the red flowers of the purple foxglove when ripe, eight ounces; of honey, one pound; simmer them together over a slow fire until the sirup is of a fine red colour and the flowers crisp, strain the sirup, and keep it in a bottle close corked; the dose is from one to two table spoonfuls twice a day, children from one to three tea spoonfuls once or twice a day; this valuable medicine excels many other galenical preparations

for the cure of consumptions, it cleanses and heals ulcers in the lungs, and often will cure the disease after other remedies have failed.

### *A Restorative Mixture:*

Take the yolks of two new laid eggs, put the white away, beat them well, and a table spoonful of good old rum with a little loaf sugar: take it every morning fasting.

### *A distilled Water for Consumptions.*

Take snails from the garden with their shells, four pounds; of the herbs liverwort, lungwort, ground ivy, scabious, Paul's betony, or self-heal, each six ounces; crust of wheaten bread, half a pound; conserve of red roses and flowers of succory, each twelve ounces; six nutmegs; let them all be bruised together in a mortar, and pour upon them milk hot from the cow, six quarts; stir them well together, in one hour after put to them four quarts of Malaga wine; damask rose water, two pints; put altogether into a still, and draw off with a sand heat eight quarts, keep it in a close vessel for use; a tea cupful may be taken every six hours: this is an excellent remedy and will cure the disease if not too far gone for medicines to reach: the patient may take half an ounce of candied eryngo root twice a day, which may be of service.

### *Balsam of Mecca.*

Take of the balsam of Mecca, one tea-spoonful in a wine glassful of cold water every four or six hours, which will infallibly cure consumptions, heal

ulcers in the lungs or other viscera, stop spitting of blood, restores the constitution when emaciated to the greatest degree.—Whosoever tries this medicine will find the good effects in a short time.

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### OF A NERVOUS CONSUMPTION.

This disease is called atrophy, or a wasting of the body, from some hemorrhage or intemperance in diet, frequent debauchies, from hard drinking; also the depressing passions, living on poor weak watery aliment, and eating but little or no solid food : the symptoms are a wasting of the flesh, debility, loss of appetite, night sweats, shortness of breath, weariness after motion, dejection of the mind, &c.

*Regimen.*—The diet should be nourishing and restorative as recommended in the former disease, the drink may be butter milk, whey, linseed, marsh-mallow, comfrey root, coltsfoot, or liquorice root decoction, isinglass boiled in milk, or milk mixed with water, chocolate, cocoa, or milk porridge may be taken for breakfast, and as much exercise may be taken in the open air as the patient's strength will admit.

### *Peruvian Bark Decoction, a Restorative.*

Take Peruvian bark in powder, two ounces, boil it in one quart of water twenty minutes ; add at the latter end, storax and benjamin, each one dram and a half ; of the best red port wine, half a pint ; the wine must be added when the ingredients are dis-

solved: take one or two table spoonfuls every four hours.

### *Bark Electuary.*

Take conserve of roses, two ounces; bark in powder, one ounce; mix with syrup of lemons or pectoral syrup, half an ounce; dose, one tea spoonful every four hours, and wash down with any pectoral drink.

### *A Stew to restore in Consumptions.*

Take a cow's foot, clean and break it, put it into two quarts of new milk and one quart of water; add of archangel flowers, an ounce; sugar candy, two ounces, put all into a new earthen vessel, set it in an oven after the bread is drawn to remain all night to stew gradually; half a pint may be taken twice a day.

### *A strengthening Electuary.*

Take conserve of red roses, an ounce and a half; juice of kermes, half an ounce; balm of Gilead, twenty grains; make smooth with balsamic syrup; dose, the size of a nutmeg every three hours; or these

### *Pills for the same.*

Take white sugar candy powdered, two drams; powder of gum dragon, one dram; balsam of tolu, forty grains; flowers of benzoin, twenty grains; balm of Gilead, enough to make into a mass for pills of a middling size; take three or four twice a day, wash down with any liquid.

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*A Mixture to restore the Appetite, and stop Night Sweats.*

Take of quassia wood, one dram; infuse in one pint of boiling water for an hour, pour off clear, add of the acid elixir of vitriol, half an ounce; dose, one or two table spoonfuls every four or six hours.

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### *OF THE ASTHMA.*

This disease often proceeds from a contraction of the organs of respiration in the lungs, which being composed of several lobes that are formed of very small visiculae that are the extremities of the aspera arteria, in the membranes of these visiculae are distributed the branches of the pulmonary arteries and vein, which have their blood impregnated with air and its coherid globule separated, hence whatever cause obstructs the circulation of the blood in these vessels, or prevents the due inspiration and respiration of the air which is breathed to expand and contract the lungs, may occasion an asthma: women after the turn of life, or by obstruction of the menses, drying up of issues, the small pox, measles, striking in of eruptions, too free use of malt or spirituous liquors, cold easterly winds, wet feet, damp beds or floors, neglect of bleeding in plethoric habits, a translation of the morbid matter of the gout to the lungs, or drinking too freely of rough wines, may bring on this disease: it is often hereditary in families. The

symptoms are a difficulty of breathing, wheezing, a settled cough, oppression of the breast, a quick pulse, palpitation of the heart, pain of the head : when the patient is attacked with a fit there is a sense of suffocation, especially when laying in bed: the patient is often costive, the perspiration is obstructed, with flushes of heat and shivering fits alternately: this disease seldom admits of a cure, but by taking exercise and choosing a mild air, avoiding colds, fogs, damps, and night air, spirituous and malt liquors, rough wines, also heavy and windy diet, and if it can be convenient to change the climate, the patient resides in, to a more warm and southern one, such as France or Italy, may live to old age without suffering much from the disease. Asthmatic persons should use a proper regimen, the diet should consist of soft broths, with plenty of leeks, onions, and barley in it, panado or water gruel, with a little sweet wine added, may be taken for supper ; if honey agrees with the patient, it may be used instead of sugar to drink in tea made from the herbs, sage, balm, ground ivy, coltsfoot, hysop, liquorice root, sorrel: also these herbs may be used for sallads, as lettuce, cresses, beet root, dandelion, endive, cellery, purslane, mint, and young onions; which may be dressed with mustard, oil, and vinegar, the yolk of an egg, and ate with the flesh of young animals boiled, also tripe, fish, fowls boiled, custards, tarts, &c. the drink may be whey and butter milk, or this decoction: take coltsfoot, a handful; liquorice root sliced, half an ounce; Canada or English maidenhair and hysop, each a handful; of elecam-

pane root, half an ounce ; water dock root sliced, an ounce ; one turnip sliced ; boil in two quarts of water over a slow fire for half an hour, strain and sweeten it with honey or sugar candy, a draught may be taken frequently.

#### MEDICINE.

In a plethoric habit the patient may be let blood from the arm, and repeated if age and strength will permit ; the feet may be frequently bathed in warm water at bed time, afterwards rub the soles of the feet with a little spirit of hartshorn or sal volatile : if there is an inclination to vomit, fifteen grains of ipecacuanha may be taken in a little cold water in the evening, and work off with chamomile tea, and afterwards take this

#### *Emulsion.*

Take millipedes, about one hundred and twenty, bruise them in a marble mortar, pouring upon them by little and little pennyroyal water, six ounces : add of gum ammoniacum, three drams : rub altogether till the gum is dissolved, strain and take one table spoonful every three hours, in a tea cupful of hysop, marshmallow, maidenhair, or balm tea : this may be taken where there is no fever.

#### *Another, to cause Expectoration.*

Take gum ammoniacum, two drams : spring water, half a pint : rub the gum with the water in a marble mortar till it appears milky : add tincture of squills, one dram : of honey or pectoral sirup, sufficient to make it pleasant : take two table spoonfuls every six hours.

*Oxymel of Squills.*

Take clarified honey, one pound and a half: of vinegar of squills, twelve ounces: simmer gently over a slow fire till it comes to the thickness of sirup, adding as it simmers, one pound more of honey: an earthen vessel must be used over the fire: afterwards keep it close for use: take two tea spoonfuls once or twice a day, in two table spoonfuls of cinnamon water.

*Elecampane Wine.*

Take green elecampane roots sliced, six ounces: of the cuckow flowers or lady's smock, one ounce: white sugar candy and currants beat small, six ounces: infuse them fourteen days in two quarts of white port, mountain, or birch wine, pour off and bottle for use: all asthmatic persons and those fearing consumption, should drink a wine glassful twice a day every winter.

*A Preserve for the Asthma.*

Take cloves of garlic peeled, two ounces, simmer over a slow fire, in four ounces of honey or clarified sugar, for an hour: take one or two cloves and a tea spoonful of the sirup every night.

*Drink in the Asthma.*

Take fuller's earth, six ounces: pour on it one quart of spring water, let stand till it is clear, pour off the water and boil in it half an ounce of liquorice root sliced, a few leaves of sage, and a handful of ground ivy, let it simmer for the space of an hour,

then add the juice of one lemon or two table spoonfuls of vinegar, drink half a pint frequently.

*Mixture for a Nervous Asthma.*

Take of pennyroyal or spring water, six ounces : tincture of Russia castor, one dram : tincture of saffron, two drams : pectoral sirup or honey, two drams : take one table spoonful every three hours : if there is sickness and an inclination to vomit, with a quick pulse and feverish habit, take two table spoonfuls of the saline julip in lemon juice, every three hours. (See appendix).

*Pills where the lungs are stuffed with viscid juices.*

Take flour of brimstone and flowers of benzoin, each half a dram : saffron, twenty grains : gum ammoniacum strained, one dram ; common tar as much as will form a paste for pills, beat all together in a mortar, and make up into common size pills with powder of liquorice : take two or three twice a day, and wash down with any pectoral liquid.

*A Tincture for Spasms, and Fits of the Asthma.*

Take spirit of æther, half an ounce : spirit of lavender, half an ounce : tincture of saffron, two drams : mix and take half a tea spoonful in a glass of cold water every four or six hours.

*An Electuary.*

Take honey, four ounces : trumatic balsam, half an ounce : liquorice powder and elecampane, each two drams ; mix and take the size of a nutmeg

every three hours and wash down with infusion of hysop, coltsfoot, or balm; if honey does not agree with the patient, take the following

*Opening Electuary.*

Take linitive electuary, two ounces: paregoric elixir, two drams: powder of rhubarb, two drams: elecampane powder, two drams: mix with pectoral sirup enough to make it smooth; take the size of a nutmeg twice or three times a day.

*Another for a cold asthmatic Habit.*

Take elixir propriatatis, four drams: conserve of roses, three ounces: powder of Russia castor, one dram; mix and take the size of a nutmeg twice a day, wash down with any liquid; if the patient is dropsical or afflicted with the jaundice, which often happens to aged persons, take the following pills.

*Pills for the Asthma, Jaundice, and Dropsy.*

Take gum ammoniacum, two drams: of squills in powder, one dram: of saffron in powder, half a dram: of castile soap powdered, three drams: make a mass by beating it in a mortar with sufficient quantity of sirup of white poppy, make into sixty pills: take two morning and night, and wash down with any liquid: if the patient is afflicted with violent spasms, pain of the stomach, with a sense of suffocation, a blistering plaster may be layed over the stomach; the feet may be bathed in warm water fifteen minutes; some blood may be taken from the arm, or leeches applied on

the sides near the short ribs; and a clyster given every twelve hours; should these means fail, an emetic may be taken of fifteen grains of ipecacuanha, and one grain of tartarised antimony: mix in two ounces of spring water; work off with warm water: if the patient is not relieved, recourse must be had to fomentations: take chamomile flowers, half an ounce: of rosemary, an handful: of scordium, or germander, a handful: wormwood, an handful: boil in three quarts of water: wring out flannels while the liquor is hot, and apply warm over the stomach and breast for some time: if an emetic is objected to, a smart purge may be taken of rhubarb, jalap, senna, &c.

#### *Decoction for the Nervous Asthma.*

Take rosemary, a few sprigs: of horehound and rue leaves, a handful: boil in two pints of water, pour off clear, and add tincture of asafœtida, half an ounce: sirup of poppy, an ounce: mix and take one or two table spoonfuls every six hours: the feet should be kept warm, and a flannel waistcoat worn next the skin, or a piece of flannel on the stomach: all asthmatic persons of corpulent habits, should have an issue set in the arm or leg, or a plaster of compound Burgundy pitch, may be worn between the shoulders for some time, and may occasionally be renewed.

#### *The Balsam of Mecca.*

This excellent balsam is the most efficacious medicine ever yet discovered for the moist and nervous asthma; it eases the cough, causes expecto-

ration of the tough viscid phlegm, relieves difficulty of breathing, recruits the waste of the nervous fluids, gives ease in fits of the asthma, when all other remedies have been tried in vain, it delates the organs of respiration, and causes a free circulation of the blood through the lungs, it comforts and warms the whole animal and vital functions, by which means the asthma is so far relieved, that the patient feels no pain from the disease ; the dose is from one to two tea spoonfuls in a glass of cold water, once or twice a day, which by continuing through the winter, and keeping the body open, by gentle purges of senna, rhubarb, aloes, infusion of the herb mountain flax, &c. may live to old age.

To avoid the asthma, persons should beware of foggy weather, night air, wet feet, and the fumes of minerals ; also the vapour of charcoal or pit coal which abounds with sulphur; should not have their beds warmed with sea coal, but embers of wood or turf ; asthmatic persons will find great relief by having a stone bottle filled with warm water, wrapped in flannel and kept to the feet whilst in bed, or a brick made hot and used the same way, particularly for aged persons.

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### OF FEVERS.

Fevers are often brought on by cold or intemperance in eating unwholesome food, as over-kept meat or fish, by drinking ardent spirits, by over fatigue, or any of the depressing passions, from

infections caught by visiting patients labouring under epidemic disease; hence it becomes highly necessary for nurses who attend the sick in fevers, to keep the apartments clean, to sprinkle quantities of vinegar constantly on the floor, bed-clothes and furniture, to dip clothes in vinegar, and lay on the pillow that the patient may draw in the steam by inspiration, which will greatly tend to destroy the infection which augments the disease: nothing is equal to the efficacy of acids in expelling morbid taints which the air is impregnated with from infections of every kind; therefore persons who visit the sick should take with them vinegar, camphire, rue, myrrh, or some other powerful preventatives, and often smell to them; nothing can be of greater importance to the sick than cleanliness and good air, which should be admitted into their apartments as much as possible in dry weather; the rooms of the sick should be kept quiet from useless visitors in all diseases, as they often retard the recovery of patients by filling their minds with some melancholy news of the death of others in the same disease; goals, hospitals, burying-grounds, manufactories, rooms where several persons are crowded together night and day, clothes worn by the sick, or of those who die of fevers, have no small share in communicating infection, and spreading disease over a whole country.

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### *OF THE NERVOUS FEVER.*

Nervous fevers are caused by an impoverished  
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state of the blood, which often is occasioned by living on low watery diet, and eating too little solid food ; also from the depressing passions, long fasting, night air, long course of mercury, irregular hours, wet feet, damp beds, long cold, rainy seasons, removing from an hilly country to a low marshy soil ; the over use of green tea hath a share in bringing on all kinds of nervous diseases ; the symptoms are weariness, a great anxiety of mind, loss of appetite, a load on the stomach, and often an inclination to vomit, the pulse is quick and feeble, and sometimes irregular, the urine is thin and often resembles the colour of porter, the tongue is dry and white without thirst ; when the fever hath gone on a few days, the patient is seized with a pain and swimming of the head, or pain of the limbs, listlessness with a great depression of spirits ; all which denote the fever to be fixed ; recourse must be had to medicine ; the treatment in this disease, like all others, must be according as nature points out by the symptoms, and to follow her steps with the greatest attention, will be attended with the most happy effects ; if there is a load on the stomach, with a nausea or inclination to vomit, take an emetic, and work off with chamomile tea or thin water gruel.

### An Emetic.

Take powder of ipecacuanha, fifteen grains : of tartarised antimony, one grain : mix in one ounce of cold water, and give at one draught ; after the emetic begins to work, the patient may drink freely of any of the above liquids ; when the vomiting

ceases, a little mulled wine may be taken with toasted bread in it, (the evening is the most proper time to take emetics).

### *Emetic for Children in Fevers.*

Give to infants, of antimony wine, from twenty to thirty drops : children from five to ten years old, thirty drops to one dram : grown persons from one to two drams : according to age and strength, the emetic may be given in a little cold water or balm tea ; if wine of ipecacuanha is preferred, the dose is to infants one dram : to grown persons from three drams to half an ounce : children may take a purge with equal advantage to vomits, and with more safety, as they cannot be prevailed upon to drink liquids to work it off : a little sirup of rhubarb, buckthorn, or senna and prunes, or manna, may be given to children according to their age.

### *A Purge for grown Persons.*

Take senna, three drams : rhubarb sliced, one dram : of kali, ten grains : infuse in four ounces of boiling water for an hour, strain and add sirup of damask roses an ounce : mix and take at twice : if there is much costiveness, the common laxative clyster may be given every second or third day, or take twenty grains of powder of rhubarb in a little cold water, or an ounce of castor oil..

### *Cooling Julip.*

Take rhenish wine, half a pint : sirup of lemons, an ounce : mix and give two table spoonfuls every three hours ; if there is a great depression,

of the spirits, with a low creeping pulse, great weakness, delirium, &c. the patient must be supported with cordials, the diet should be nourishing, as panado or water gruel, with some wine added; also sago, beef tea, bread jelly, boiled fowls, broth with barley in it; the drink may be wine whey, or infusion of mint, balm, sage, chamomile flowers, with a sliced lemon; if the lowness of spirits continues, a glass of wine may be frequently taken until the pulse rises. This mixture is calculated to raise and cheer the spirits and relax spasms, which generally attend low fevers.

### *Mixture.*

Take simple elexiterial water, or distilled mint water, six ounces: tincture of Russia castor, two drams: French brandy, one table spoonful: loaf sugar enough to make it agreeable: mix and take two table spoonfuls every four hours; the patient may take a glass of generous wine several times in the day; nothing is more excellent than wine in all fevers where there is a defect of motion and strength from a want of due spirituous quality in the blood arising from a slow circulation, which indicates a certain disposition of the fluids to putrescence: it is therefore necessary in all these disorders, to restore the strength, rouse the spirits, increase the circulation of the blood, and promote gentle perspiration, and all these intentions are answered by wine; but wine must be omitted when there is excessive heat, an ebullition of the humours, and a quick pulse, for which may be given the following:

*Sudorific Powder to cause Perspiration.*

Take of compound powder of ipecacuanha, or Dover's powders, from ten to fifteen grains, in half a pint of wine whey : the patient must lay in bed, during which half a pint of wine whey may be taken every three hours until it hath the desired effect.

*Another for the same.*

Take of water of acetated ammonia, from one dram to three or four in a cup of balm tea, every four hours.

*Blistering Plaster for the Nervous Fever.*

Bleeding is never to be used in this fever, but blistering is of the utmost importance, especially if there is a pain of the head and delirium ; they may be applied on the back between the shoulders, or on the legs or thighs ; should be kept open until the danger is over ; if the blister should cause a stoppage of urine, the following may be taken.

*Mixture for Obstruction of Urine.*

Take spring water, six ounces : of purified nitre, one dram and a half : sirup of red poppy, two drams : of spirit of lavender, one dram : take two table spoontuls every four hours : if the patient is troubled with a looseness, this mixture may be taken.

*Mixture to Check a Looseness.*

Take powder of burnt hartshorn prepared, two ounces : of cochineal, ten grains : of tormentil

root, two drams: boil in three pints of spring water till it comes to two pints: strain and add barley water, four ounces: simple cinnamon water, four ounces: sweeten with loaf sugar, and take two or three table spoonfuls frequently.

*A composing Decoction.*

Take of Virginia snake root bruised, three drams: boil in half a pint of spring water: strain off, and add one dram of sal-volatile, and forty drops of tincture of opium; or half an ounce of sirup of white poppy: dose, two table spoonfuls every four hours,

*Or these Pills.*

Take of Virginia snake root, ten grains: of Russia castor, five grains: of contrayerva root, ten grains: let them all be finely powdered; mix with sirup of saffron; make up into twelve pills, and take three every six hours.

*For Spasms and Convulsions..*

Take of valerian root, one ounce: pour on it six ounces of boiling water: let it infuse half an hour: pour off and add spirit of lavender, half an ounce: take four tea spoonfuls every three hours, or take one tea spoonful of tincture of valerian, every three hours in a glass of water:

*For Hickup and starting of the Tendons..*

Take two table spoonfuls of the musk julip, every four hours, until the symptoms go off; (*see appendix*); if there is a violent pain of the head with delirium; the feet may be bathed in warm

water, or a tea spoonful of spirit of hartshorn, or brandy, may be rubbed on the soles once a day.

*To finish the Cure of Nervous Fevers.*

Take peruvian bark in any form most agreeable, one tea spoonful in powder, every three hours in a glass of mountain, sherry, or red port wine, or an ounce of the powder of pale bark, may be put into a pint of red or white port wine, to which add two drams of the powder of contrayerva root ; let it stand several days ; shake up the mixture, and take two table spoonfuls twice or three times a day, or take one dram of compound tincture of cinchona, every four hours.

*An Electuary for the same.*

Take powder of cinchona, or peruvian bark, one ounce : of conserve of roses, two ounces : make up with sirup of lemons two drams : dose the size of a nutmeg, every four hours : for weakness of the stomach, profuse sweats, and debility, take the following :

*Drops to Strengthen the Stomach.*

Take of the acid elixir of vitriol, one ounce : of the simple tincture of peruvian bark, one ounce : mix and take one tea spoonful every four hours, in a little cold water ; at the termination of this disease, as much exercise should be taken as possible in the open air, when the weather is dry ; a journey into the country to a different air, will be found of the greatest advantage, and to continue for several weeks.

## OF INTERMITTING FEVERS OR AGUES.

This disease is so well known in this climate, that it is needless to describe its symptoms ; it is never caught by infection as most other fevers are, but may proceed from cold, wet feet, damp beds, low marshy ground, the sea air after rainy seasons, the effluvia of putrid stagnated water, living on poor watery diet, or drinking cold water when the body is heated, or any of the depressing passions preying on the mind, an obstructed perspiration from cold, a relaxed state of the solids, or any cause by which the capillary vessels near the surface of the skin are contracted, so that the insensible perspiration is retarded, occasions intermittent and other fevers of the inflammatory kind. On the first attack of this disease, the patient is seized with cold shivering fits, pain of the head, back, and loins, listlessness, with thirst, sickness, reaching, which terminates in a fever, and goes off with sweating. There are three kinds of agues, as the quartan, which comes on every fourth day : the tertian, every third day : the quotidian, which returns every day.

### MEDICINE.

On the first attack of the disease, an emetic should be taken, which by cleansing the first passages, gives a general shock to the whole frame, and by restoring the perspiration, often cuts off the disease on its first appearance.

*Emetic.*

Take of ipecacuanha in powder, fifteen grains: of tartarised antimony, one grain: take in three table spoonfuls of spring water, to be wrought off with infusion of cardus benedictus, or chamomile tea: the emetic to be repeated every fourth or fifth day, whilst there is sickness and load on the stomach. Emetics are to be taken between the fits of the ague.

*An Emetic for Children in Agues.*

Give the wine of ipecacuanha, to children under three years old, one dram: from seven years old to twelve, one dram and a half: grown persons may take half an ounce: if the antimonial wine is preferred, the dose to grown persons, is from one to two drams: to children, from twenty to thirty or forty drops; but I would sooner recommend purges for young children than vomits: a little sirup of rhubarb, or infusion of senna and prunes, or ten grains of powder of rhubarb, and a little magnesia, may be given in sirup of damask roses, or in any form most agreeable: the drink may be taken moderately warm: the infusion of garden angelica, rosemary, chamomile flowers, with a lemon sliced in, may be drank at pleasure; also wine whey, or a glass of brandy and water, warm, may be taken before the fit comes on.

*Regimen.*—The diet must be light and nourishing, as penado, water gruel, with a little wine or brandy added, beef tea, veal broth, sago, bread puddings, custards, calve's feet boiled, tripe stew-

ed, fowls boiled, eggs poached, the lean part of mutton, &c. : the patient may take as much exercise as possible, by walking, riding on horseback, or in a carriage, and to change the air to a distance.

*Sudorific Powders to cause Sweating in Intermittants.*

Take of compound powder of ipecacuanha, or Dover's powders, from ten grains to fifteen, in half a pint of warm wine whey : the patient must lay in bed and take half a pint of the wine whey every two hours ; if the fever continues, the same may be repeated in the space of five days ; when the symptoms disappear, the powder of cinchona, or bark, may be taken to complete the cure.

*Huxham's Compound Tincture of Bark.*  
(SEE APPENDIX.)

Take from one dram to half an ounce, once or twice a day. In loss of appetite the following may be taken :

*Compound Infusion of Gentian.*

Take of gentian root sliced, one dram : dried outer peel of Seville orange, one dram and a half : outer rind of fresh lemon peel, half an ounce : boiling water, one pint : peruvian bark in quills bruised, half an ounce : simmer over a slow fire for one hour and strain : take two table spoonfuls every three hours, or four table spoonfuls twice a day.

*Decoction of the Bark.*

Take of peruvian bark powdered, one ounce : spring water, one pint : boil for fifteen minutes in a covered vessel and strain : take a wine glassful every four hours. If the fever should leave a troublesome purging, the patient may take from one to two drams of the tincture of columba, once or twice a day.—(See Appendix.)

*Bark Electuary.*

Take of the red peruvian bark, in fine powder, one ounce : of conserve of roses, two ounces : sirup of poppy, enough to make it smooth : a tea spoonful may be taken every three hours ; this is proper to be taken through every stage of the disease between the fits, as the cure of agues depends on promoting the secretions. If there is a stoppage of urine during the fever, take the following :

*Decoction.*

Take of bark in powder, two ounces : boil in two pints of water for fifteen minutes over a slow fire : add to the decoction half an ounce of kali : keep it close corked in a bottle for use : the dose two table spoonfuls every four hours.

*Another for the same in Purgings.*

Take of peruvian bark, one ounce : of oak bark, half an ounce : boil in a pint of water : when cold, add of purified nitre, half an ounce : the dose two table spoonfuls every four hours : this decoction may be taken occasionally in purgings,

through every stage of the disease. Patients who have an objection to the bark prepared in water, may take the following :

*Tincture of Bark.*

Take the best French brandy, one pint : of the red peruvian bark, two ounces : of gentian root sliced, half an ounce : let them stand in a close vessel for several days : shake up and take two table spoonfuls every four hours.

*Bark Decoction to Strengthen the Stomach.*

- Take bark in the quills, one ounce and a half ; of Virginia snake root, half an ounce : of quassia wood in shavings, half an ounce : boil in two pints of water gently, for half an hour ; strain and take two or three table spoonfuls every four hours.

*A Mixture for Children.*

Take wine whey, half a pint : add one dram of the tincture of bark, and half a dram of sal volatile : mix and give to infants, two tea spoonfuls twice a day ; (grown persons may take one table spoonful every four hours) : for children, five grains of Gascoign's powders, or the Countess of Kent's powders may be given in a little wine whey, or any liquid once a day ; the child's feet may be bathed occasionally in warm water before going to bed at night.

*A Simple Remedy for the Ague.*

Take a wine glass of French brandy : mix with

the juice of one lemon, or two ounces of the best vinegar : add two table spoonfuls of spring water, and take before the fit comes on ; repeat the dose three times if necessary.

*Another.*

Take of the powder of garden angelica, one dram : in a tea cup of rue tea, repeat every third day : but no medicine can be more depended on than the bark, which may be taken in the most simple form by those who cannot afford wine, or have no conveniences to make into compound mixtures : one tea spoonful of the powder of the best red bark, or the pale ; if that cannot be procured, may be taken every three hours in a little milk, or a glass of wine or brandy, or in water alone, which will complete the cure if duly persisted in for a length of time.

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*OF THE MALIGNANT OR PUTRID FEVER.*

This disease is highly contagious, and often caught by infection ; therefore it is of the greatest importance for people to avoid all unnecessary visits to patients who are afflicted with this fever. Those persons whose attendance is necessary to frequent the apartments of their friends in putrid fevers, should take such preventatives that will secure them from its baneful effects ; for which (*see appendix*) ; persons visiting goals, hospitals, and burying grounds, when epidemical diseases

rage, are in danger of contracting putrid fevers : rainy seasons, close confinement in low damp houses, or in manufactories where a number of persons are crowded together, and breath the same air from one to another, it is then rendered unwholesome and causes diseases ; these persons in general, live on food without the use of vegetables, sufficient to produce good chyle. Persons who live on fish or flesh that hath been over kept, and is in a putrid state, are liable to malignant fevers ; also chronical diseases. A want of cleanliness in apparel, or houses, ships, prisons, factories, streets and alleys, slaughter-houses and work-houses, are too often the nurseries of the most infectious diseases

*Symptoms.* Putrid fevers are to be distinguished from other fevers by the great loss of strength. On the first attack of the disease, the patient is seized with a pain or swimming of the head, sickness of the stomach, and a violent palpitation of the heart, difficulty of breathing, great anxiety of mind, the countenance is florid, with a quick low pulse, a suppression of urine, which is high coloured ; to this succeeds a pain of the back, with heats and chillness alternately, a delirium, swoonings, with vomiting of bile, are the real symptoms of this fever ; the tongue is white, the throat dry, the tonsils are inflamed with a continual thirst, the stools are putrid and nauseous, of a black or greenish colour ; in a few days spots on the surface of the skin make their appearance of a dark brown or purple colour. This disease often varies from the putrid to the nervous, bilious, and inflamma-

tory kinds, that great attention must be paid to adopt those means necessary for each in their turns. Putrid fevers will often continue from four to six weeks; if a gentle sweat can be brought on and continued, will often carry off the fever. This disease should be treated at the beginning, so as to expel the offending cause from the humours, and to assist nature in the way she points out; which should be by emetics to cleanse the stomach from putrid, biliary, and viscid phlegm, and to promote the secretions by perspiration, urine, &c. The apartments where the sick is placed, should be kept clean swept once a day, the windows frequently opened to admit fresh air, and but little fire kept in the room; quantities of vinegar should be sprinkled on the floor, and bed furniture; herbs of rue, wormwood, sutherlandwood, valerian, &c. may be laid in the room; the patient must be kept composed; the diet must be light, as panado, water gruel, with a little wine in; green tea may be drank in this kind of fever, with all kind of drinks acidulated, as lemonade, apple tea; also the infusion of sago, balm, cinquefoil, sorrel, elder, and chamomile flower tea, may be drank freely through the disease; forty chamomile flowers may be put into a pint of boiling water; add one tea spoonful of cream of tartar, or a lemon sliced in with the rind; the patient may drink as much as possible, which will help to carry off the disease by diluting the blood, relaxing the spasms, and promoting a free perspiration. When the spirits are low, wine or wine, and water, may be taken frequently; bleeding must be avoided in.

this fever; also blistering plasters, except there is the most apparent danger of the patient sinking under the disease. When blisters are applied, they should be placed between the shoulders, or on the calves of the legs, inside of the thighs, or sharp cataplasms put to the soles of the feet, made of the flour of mustard, vinegar, and oatmeal, or wheaten bread, as directed in the inflammatory fever, Sheeps milts have a good effect when taken warm from the sheep, and applied to the soles of the feet.

#### MEDICINE.

Take fifteen grains of ipecacuanha, and one or two grains of tartarised antimony: make into a draught with one ounce of spring water, and work off with chamomile tea. In strong constitutions the following may be taken:—Take of tartarised antimony, four or five grains; mix in half a pint of spring water: take two table spoonfuls every half hour until it begins to work: the patient must drink plentifully of chamomile tea, afterwards a little mulled wine and toasted bread may be taken: in twelve hours after may be taken, fifteen grains of compound powder of contrayerva, in half a pint of wine whey, or of the diaphoretic antimony, from three grains to five, in wine whey or barley water: a little whey may be taken every hour to promote sweating: the patient must lay in bed the whole time. If there is a sickness with inclination to vomit, take the following:

#### *Saline Julip.*

Take distilled spearmint water, five ounces: of

of French brandy, one ounce, or spirit of peppermint : of kali prepared, three drams : of tincture of Russia castor, half a dram : mix and take two table spoonfuls in the same quantity of lemon juice in the act of fermentation, every three or four hours : if the patient hath a mild sweat on the skin, the tincture of castor may be omitted in the julip. If the perspiration is obstructed with a retention of urine, the following may be taken :— Take two table spoonfuls of spirit of mindererus, (*see appendix*) in half a pint of warm wine whey, or barley water, every two hours, until a plentiful sweating comes on, which must be kept up by small draughts of wine whey for several hours : after the secretions are promoted, and the fever is relieved, the peruvian bark may be taken to finish the cure. If the patient has a troublesome purging, take the following :

#### *Electuary to Check a Purging.*

Take of diascordium, two onces : rhubarb in powder, half an ounce : make into an electuary, with a sufficient quantity of sirup of white poppy : the dose is thirty grains once or twice a day : wash down with the following :

#### *Chalk Mixture.*

Take of prepared chalk, one ounce ; fine loaf sugar, six drams : gum arabic powdered, one ounce : of water, two pints : mix and add of simple cinnamon water, two ounces : dose, two table spoonfuls after the electuary, once or twice a day ; or the following :

*Decoction of Logwood.*

Take of logwood chips, an ounce : boil in a pint of spring water for fifteen minutes : pour off and add of fine loaf sugar, half an ounce : take two table spoonfuls every four hours : if pills are preferred, take ten grains of confection of opium once a day, made into pills ; (*see appendix*) if the patient hath a vomiting of bile, together with a purging, take this :

*Powder of Colomba.*

Take of colomba root in powder, fifteen or twenty grains in a glass of red port wine and wa-  
ter, or in cold water, every four hours, as the  
urgency of the symptoms requires ; but caution  
must be observed not to stop the purging too ra-  
pidly, as the remedy may prove worse than the  
disease ; the use of port wine alone, will often be  
sufficient without any other medicine, to stop the  
purging. When the petechial eruptions make  
their appearance, it shews a putrid state of the hu-  
mours, and is attended with danger, recourse  
must be had to the bark and acids. The following  
decoction may be taken with advantage.

*Bark Decoction with Acids.*

Take peruvian bark in fine powder, one ounce  
and a half : put in a quart of water : boil gently  
over a slow fire, fifteen minutes : add to it half a  
pint of the best red port wine, and half an ounce  
of the acid elixir of vitriol : the dose is two table-  
spoonfuls every three hours.

*Another for the same.*

Take of peruvian bark, grossly powdered, two ounces : boil in two pints of spring water : add in the boiling, two drams of chamomile flowers, one lemon sliced with the rind : let them simmer half an hour : strain and give two table spoonfuls every three hours. If the patient is very low, one table spoonful of wine may be taken with every dose ; or the patient may take peruvian bark, in fine powder, one tea spoonful : mix in a glass of red or white port wine ; to which may be added, six drops of the acid elixir of vitriol : take every four hours. This medicine is as efficacious as any of the former preparations of the bark.

*An Electuary for the same.*

Take conserve of roses, two ounces : peruvian bark in powder, one ounce : of kali prepared, one dram : sirup of lemons, enough to make it smooth : take one tea spoonful every three hours : whilst the petechæ remains on the surface of the body ; the patient must take frequently a glass of wine or negus, to support the strength and raise the spirits. In dangerous cases where the pulse can scarcely be felt, and nature seems exhausted, the patient may take from one pint to a pint and a half of port wine, in the space of twelve or eighteen hours, until the pulse rises : if there is costiveness, white wine is proper : in a looseness, red port is to be preferred. If the mouth is sloughed, and the throat ulcerated, use the following gargle :—Take of rose water, four ounces : of tincture

of myrrh, two drams : sirup of mulberries, two drams : mix and cleanse the mouth and tongue frequently : or take vinegar, four ounces : honey, an ounce : tincture of myrrh, two drams : water, four ounces : mix and use as a gargle : the steam may be drawn down the throat through an inverted funnel, for which the gargle must be made warm. At the termination of putrid fevers, it is not uncommon for abscesses to form in the glands about the neck, arm-pits, or other glandular parts ; these should be ripened by poultices, and opened with a lancet, and dressed with basilicon, until they are healed : if they have much purulent matter, wash the wound with the following :

#### *Decoction.*

'Take one handful of chamomile flowers : boil in one pint of spring water : strain and press out the liquor : to which add tincture of myrrh, an ounce : wash the part once or twice a day : if the ulcer is deep, inject a little with a syringe, and dress with basilicon, mixed with the anodyne ointment, or any other plaster. When the fever is abated, the patient should continue the use of the bark for some time, as by the morbific matter remaining in the habit, will occasion chronical diseases, and render the patient unhealthy during life. I would recommend the patient to take one or two boxes of the imperial pills, which will purify the whole mass of blood and juices, correct its acrimony, renew the constitution, and prevent chronical diseases.'

*An Electuary to prevent Infection.*

Take sirup of rue, one ounce : of Venice treacle, half an ounce : camphor, twenty grains : sirup of red poppy, enough to make an electuary : dose, the size of a nutmeg every morning fasting, or when the person makes a visit to a patient under a putrid fever.

*A Decoction for the same.*

Take chamomile flowers, one handful : rue, a few sprigs : peruvian bark, half an ounce : boil in a quart of spring water : towards the end of the boiling, add of gum myrrh, two drams : strain the decoction and drink a wine glassful twice a day : it may be taken by those who attend the sick as a preventative : it may also be given to the patient on the decline of the fever. The patient should have as much fruit as they can take, as apples, oranges, preserved currants, or the jelly, tamarinds, tarts of all kinds ; to suck the juice of a lemon, with a little loaf sugar, will cleanse the mouth and tongue, and cool the fever : the mouth should be washed once or twice a day, with a little tea, sage, and vinegar, mixed : the drink may be toast and water, with a little vinegar added ; where wine cannot be afforded, the cream of tartar tea may be taken. When the fever is gone off, the patient should take exercise in the open air, and live chiefly on milk diet ; and if weak, may take a glass of wine several times a day : if a cough should succeed the fever, by

taking one or two bottles of the Balsam of Mecca, will effectually cure it.

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### OF THE REMMITTING FEVER.

Remitting fevers mostly attack persons of a relaxed habit, who breath an impure or moist air, and follow sedentary employments, and take little solid food, and too little exercise ; its symptoms are cold shivering fits, succeeded by flushes of heat, a pain of the head, and load on the stomach, a sickness and often vomiting of bile, or tough viscid phlegm ; the urine is pale and turbid, the tongue looks whitish, the whites of the eyes and complexion, hath a yellowish colour, resembling the jaundice ; the pulse is quick at the beginning of the fever, and feels hard to the touch ; the patient is either troubled with costiveness, or violent purging. This fever remits from one class to another : sometimes the putrid, the nervous, and bilious symptoms, succeed each other, and are often complicated, and must have treatment as directed under each class it varies to.

#### MEDICINE.

On the first attack of this fever, if the pulse is full and the patient of a plethoric habit, ten or twelve ounces of blood may be let from the arm, or an emetic may be taken.

#### *Emetic.*

Take fifteen grains of ipecacuanha, and one

grain of tartarised antimony : mix in two ounces of cold water : take at once : work off with chamomile tea or warm water, or thin water gruel ; if there continues a pain of the head, sickness, and load on the stomach, the emetic may be repeated every fourth or fifth day, while the symptoms continue ; afterwards take the following :

*Julip with Acids.*

Take of spearmint water distilled, seven ounces : of kali, six drams : tincture of lavender, two drams : mix and take one table spoonful in one table spoonful of fresh lemon juice, every three hours, in the act of fermentation, continue until the sickness and vomiting abates ; afterwards this powder may be taken to bring forward a perspiration, which will expel by the pores of the skin, the morbid matter ; which being stagnated in the channels of circulation, causes the putrid symptoms.

*Diaphoretic Powder.*

Take diaphoretic antimony, fifteen grains : camphor, five grains : mix and divide into three doses : take one every twelve hours in a little wine whey, barley water, balm tea, or any other warm liquid : the patient should lie in bed to encourage the sweat. If there is eruptions on the skin, the following may be preferred :—Take of the Countess of Kent's powder, fifteen grains, in any liquid, as balm, rosemary, or pennyroyal tea : the dose to children, from five to ten grains : if there is a delirium, the feet may be bathed in warm water, or

a tea spoonful of spirit of hartshorn may be rubbed on the soles of the feet occasionally.

*Sudorific Powders for the same.*

Take of Dover's powders, fifteen grains, in a cup of warm wine whey at bed time: to keep up the sweat, a draught of the whey may be taken repeatedly, and afterwards this julip may be taken.

*Julip.*

Take spring water, eight ounces: spirituous elixiterial water, one ounce: (or French brandy) of distilled vinegar, one ounce: make up with sirup of orange peels an ounce: when the spirits are low, two table spoonfuls may be taken every three hours.

*Another when the Inflammatory Symptoms prevail.*

Take of the volatile salt of hartshorn, half an ounce: of spring water, three pints: of spirituous elixiterial water, or spirit of peppermint, or French brandy, three ounces: of loaf sugar, two ounces: mix and take two or three table spoonfuls every three hours whilst the patient lies in bed, and a profuse sweat is necessary: two table spoonfuls may be taken after the former Sudorific powders. When the fever is brought to an intermission by vomits, sweating, or bleeding, (but care should be taken not to let blood, except in signs of inflammation); but first give the emetic and afterwards the sweating powders, or one or two table spoonfuls of spirit of mindererus, (*see appendix*), in

half a pint of warm wine whey, every four hours, may answer the purpose as well as some of the former medicines. In costiveness, the body should be kept open by taking from half an ounce to an ounce, of castor oil, or cream of tartar tea, infusion of senna and prunes, or from fifteen to twenty grains of powder of rhubarb, in a little water, to be repeated occasionally: if these have not the desired effect, the laxative clyster may be given every third day. In a troublesome looseness, the patient may take the logwood decoction, as directed in the putrid fever, or a little red port wine, with cinnamon added. After the fever is brought to a crisis, the peruvian bark will finish the cure and may be taken in any form most agreeable:

### *Bark Tincture.*

Take two ounces of the powder of peruvian bark; infuse in one pint of wine or French brandy, two or three days: shake it up, and take two table spoonfuls every three hours, or twice a day, if made in brandy; if there is a purging take the following:

### *Decoction to Stop Looseness.*

Take peruvian bark in quills, one ounce: of oak, bark one ounce: boil in one pint and half of water, for twenty minutes: strain the decoction and add one pint of red port wine: keep in a close vessel for use: the dose is two table spoonfuls every three hours: or take of peruvian bark, in fine powder, one tea spoonful, mix in a glass of red port or white wine, to each dose: add six drops

of the acid elixir of vitriol: continue the use of the bark and acids for some time after the fever is gone off. If pills are preferred, take of the extract of the peruvian bark, forty grains once a day, made into pills, or dissolved in any liquid.

*Regimen in the Remitting Fever.*

The diet must be light and nourishing, except in signs of inflammation, when it should be simple and diluting; such as panado, water gruel, soft broths, sage, or souchong tea, groat gruel, sago, fowls boiled, or the flesh of young animals, and only the lean part. The patients should have their linen changed every three days, and the apartments sprinkled with vinegar, and kept clean swept, with the admission of fresh air, when the weather will permit. In the East or West Indies, where this malady is most fatal, all new-comers of Europeans, should begin to take the peruvian bark and acids, on their first arrival; or to take the Imperial Pills for six or eight weeks, will prevent this and all other fevers, those hot climates are liable to.

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**OF THE BILIOUS FEVER.**

This fever is caused by the bile or fluid of the gall entering the stomach or intestines, and there causes a ferment by mixing with acids in those organs; hence in nervous, putrid, remitting, or intermitting fevers, the bilious symptoms cause vomiting, griping, pains of the bowels, pain and

giddiness of the head, a pain and load of the stomach, also pains of the limbs, resembling the rheumatism ; the complexion looks yellow, also the whites of the eyes, the urine is of a saffron colour, the stools are green, yellow, or black, and smell very fœtid. At the beginning of this fever, if the patient is of a full plethoric habit, bleeding is necessary ; this being an inflammatory disease, twelve ounces of blood may be let from the arm and repeated if necessary, which may be determined by the pulse ; if it keeps full and feels hard to the touch, bleeding may again be performed, taking a few ounces less than before ; but if the patient is of a relaxed fibre, and the fever remits, bleeding should be avoided, and an emetic taken of fifteen or twenty grains, of ipecacuanha, or antimonial wine : to children, five or ten grains of the ipecacuanha in powder, or the wine may be given according to their age : after the emetic, the saline julip may be taken, as directed in the putrid fever, or the following saline draught :—Take of kali, twenty grains ; of spring water, two table spoonfuls : add two table spoonfuls of lemon juice : mix and take in the act of fermentation, every four hours : if lemons cannot be obtained, drop into the mixture acid elixir of vitriol, half a tea spoonful ; dose as the former.

### *A Tincture for Bilious Vomiting and Purging.*

Take of spearmint water distilled, two ounces : of the tincture of colomba root, two drams : mix and take at twice, one dose every six hours ; or take fifteen grains of the powder of colomba root

in a little mint tea, or spring water, every four hours, until the vomiting and purging stops : if there is bloody stools attend the purging, take the white decoction as directed in the (*appendix*) : if there is a hard swelled belly, a bloated countenance, putrid stools, the urine high coloured, with a dark sediment at the bottom, recourse must be had to the following medicine, particularly if the patient is costive, or the laxative clyster may be given occasionally.

### *Cathartic Powder.*

Take of calomel, three grains : powder of rhubarb, fifteen grains : mix and take in a little sirup or barley water, or any liquid, one powder every second or third day ; or three or four of the Imperial Pills may be taken, as the former, with the same advantage ; on the days between, take the following :

### *Nitrous Mixture.*

Take of spring water, six ounces : prepared crab's eyes and purified nitre, of each, one dram and a half : sirup of orange peel, or simple sirup, half an ounce : make a mixture ; dose, one table spoonful every four hours. If sleep is wanting, take the following :

### *Composing Mixture.*

Take sirup of white poppys, three ounces : spring water, six ounces : elexiterial water, or distilled mint water, one ounce : make a mixture and take two or three table spoonfuls at bed time, which

will procure rest without the hazard of stronger opiates : in great restlessness, one spoonful may be taken every three hours, until the patient falls into a gentle slumber. If there is much heat and rigedness of the pores of the skin, take one table spoonful of the spirit of mindererus, in a little infusion of balm, rosemary, or wine whey, every four hours, until a gentle sweat comes on, which will carry off the heat. After all the symptoms of the fever are gone off, the peruvian bark may be taken to finish the cure.

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### OF AN ACUTE ARDENT FEVER.

An inflammatory fever generally attacks persons who live high and abound with much blood ; hence those who are of a plethoric habit, that live sedentary lives, and indulge in the use of spirituous liquors, wines, or high seasoned meats, rich gravies, too much animal food, or made dishes with spices, or any aliments which heat and inflame the blood, are liable to this fever.—Symptoms are a hard throbbing pulse, weariness, heats and chills of the whole body, the eyes are inflamed, the face red, resembling the colour of claret, with pains of the head and limbs, sickness at the stomach, thirst, restlessness, difficulty of breathing, vomiting of tough phlegm or bile, and frequently delirium. On the first attack of this disease, the patient should be let blood ; twelve or fourteen ounces may be taken from the arm : if the pulse does not fall on the first bleeding, and the floridness of the

countenance go off, it may be repeated occasionally, afterwards an emetic may be taken: of fifteen grains of ipecacuanha in cold water, and work off with chamomile tea, or ten grains of ipecacuanha, and one or two grains of tartarised antimony, and work off as the former; the latter is fit for robust constitutions. After bleeding and vomiting, the patient must guard against cold, and abstain from drinking cold liquids; also from exertions of the passions; also hot and stimulating medicines, from acrid and salt aliments, spirituous liquors, and to make choice of those things of an emollient nature, as thin water gruel, barley water, balm and sage tea, cinque-foil, sorrel, cream of tartar, infusion: the diet must be light, as panado, soft broths without any herbs: all kinds of fruits may be taken, as apples, oranges, gooseberries, currants, raspberries, strawberries, lemons, &c. The patient cannot drink too much of warm diluting liquids, and should be sipping them frequently, by which the acrimonious, inflammatory, and saline particles of the blood will be carried off by urine and insensible perspiration, by which the fever will be carried off. If the pain of the head continues after the former evacuations, the feet may be bathed in warm water, with rue, tansy, wormwood, or chamomile, in for the space of twenty minutes. If the patient is costive, half an ounce of castor oil may be taken, or the laxative clyster may be given, (*see appendix*); or the following mixture may be taken:

### Laxative Mixture.

Take of Glauber's salts, half an ounce: boil in-

a pint of water : dissolve manna, half an ounce, in the hot liquor ; when cold, let the patient take a tea cupful once or twice a day, or the following :

### *Opening Electuary.*

Take linitive electuary, two ounces : kali, two drams : powder of senna or rhubarb, two drams : simple sirup enough to make it smooth : a tea spoonful may be taken once or twice a day, until it hath the desired effect ; or infusion of senna and prunes if preferred, two or three table spoonfuls may be taken every three hours. Children who have inflammatory fevers, may be bled with leeches ; where the lancet cannot be used with safety, two or three leeches may be applied on the neck, breast, or sides ; the body should be kept open with doses of manna, sirup of rhubarb, or bucksthorn, or the following :

### *Purging Mixture for Children.*

Take sirup of rhubarb, an ounce : manna, half an ounce : dissolve in two ounces of warm water : add of kali, ten grains : give from two to four tea spoonfuls every three hours ; repeat it until one or two stools are procured ; if this should not succeed, the laxative clyster may be given. If there is a troublesome looseness, it may be checked by taking the following :

### *Mixture to Stop Purgings.*

Take the extract of logwood, three drams, and dissolve in six ounces of spring water : add thirty

drops of tincture of opium: one or two table spoonfuls may be taken once or twice a day; to infants, one tea spoonful of sirup of white poppy may be given every twelve hours, but caution must be used not to stop the purging, except the patient's strength is much exhausted, as a looseness will often tend to carry off the fever.

*Bolus for Delirium, Starting of the Tendons, &c.*

Take gum arabic, half a dram: camphor, twenty grains: beat together in a mortar, with simple sirup: make into two bolusses, and take one every six hours, with the following mixture:

*Mixture to take with the Bolus.*

Take of spring water, six ounces: of sweet spirit of nitre, half an ounce: of sirup of red poppy, half an ounce: mix and take one or two table spoonfuls every three hours. If the patient is low with a feeble fluttering pulse, and convulsions on the muscles, with tremours and faintness, blistering plasters must be put on various parts of the body, as the back, inside of the legs, thighs, &c. If the patient is delirious, cataplasms may be applied to the soles of the feet; the patient's strength must be supported with wine and cordials, of which a little may be put into the drinks, and repeated until the pulse rises, and the danger is over. In costiveness, white wine may be taken; in purgings, red port; if the lowness continues, take the following:

*Cordial Mixture.*

Take of spring water, six ounces: spirit of

lavender compound, two drams : spirit of spearmint, half an ounce : tincture of castor, two drams : sirup of lemon peel, half an ounce : mix and take two table spoonfuls every three hours occasionally ; if the pulse rises, becomes too quick with heat, and the inflammatory symptoms become predominant, this must be discontinued, and the former taken. After the fever is gone off by bleeding, blistering, bathing the feet, and drinking plenty of diluting liquids, the regimen should consist of simple diet, and take frequently a mild purge ; if the patient is very weak and the body relaxed, take the following :

### *Strengthening Drops.*

Take tincture of peruvian bark, an ounce : acid elixir of vitriol, an ounce : mix and take a tea spoonful in a little cold water, once or twice a day. During this fever, the patient must be kept quiet and composed, as the least agitation of body or mind, not only aggravates, but prolongs the disease, and often causes a relapse. After the termination of the fever, the patient may take gentle exercise in the open air by walking or riding.

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## *OF THE SCARLET FEVER.*

The scarlet fever often attacks young persons, and adults of a sanguine temperament of body. It begins with cold shiverings, and sometimes epileptic, or hysterick fits ; the countenance and the surface of the skin over the whole body, appears

of a florid red colour, and spots will frequently make their appearance on the skin, which is often termed a rash, and resembles the measles ; they continue a few days, and then fall off or disappear ; if the eruptions strike in suddenly, a blister should be applied on the back between the shoulders, or on the throat, and kept open whilst the disease continues ; the patient must be kept warm, and drink plenty of diluting liquids, as mint and balm, or sage and rosemary tea ; all strong liquors must be avoided, also animal food, fish and all kind of spices ; the feet may be bathed in warm water every other night, and take the following :

*Decoction.*

Take of marshmallow roots, two ounces : fennel roots, one ounce : of parsley roots, one ounce : of sage, one handful : boil in a quart of water : strain, sweeten with honey, and take a wine glassful every four hours ; if the patient is troubled with a purging, take the following :

*Decoction where Putrid Symptoms attend the Fever.*

Take peruvian bark in quills, one ounce : of oak bark, half an ounce : of Virginia snake root, two drams : boil in two pints of water for twenty minutes : strain and add to the liquor, simple sirup, or loaf sugar, sufficient to make it palatable : take two table spoonfuls every four hours ; this must be continued whilst the malignant symptoms remain, which may be distinguished by soreness of the throat, laborious breathing, sickness at the

stomach, a quick pulse, great weakness, purging and a hard swelled belly. If the patient's spirits sink, the pulse is feeble and fluttering, a little red port wine may be taken frequently; the drinks must be all warm.

### *A Draught in Costiveness.*

Take powder of rhubarb, fifteen or twenty grains: powder of nitre, from three to six grains: mix in two table spoonfuls of distilled spearmint water, and take at once; to be repeated every other day if necessary; or half an ounce of castor oil may be taken, or the laxative clyster may be given. If the countenance continues florid, with a hard full pulse, pain and weakness of the throat and glands of those parts, take one table spoonful of the saline mixture every three or four hours, (*see Bilious Fever*), which will prevent an inflammation of the lungs, liver, or bowels; or the following may be taken if the patient swells and has a suppression of urine:

### *Cooling Mixture.*

Take of spring water, six ounces: sal prunella, or purified nitre, one dram and a half: loaf sugar, one dram: of powder of rhubarb, twenty grains; mix and take two table spoonfuls every four hours, or one or two table spoonfuls of the camphorated mixture may be taken every four hours. (*See appendix*).—After the eruptions are fallen off and the fever abated, the patient may take a purge every third day of the following:

*Purging Mixture.*

Take of spring water, six ounces: of tartarised natron, an ounce: of powder of rhubarb, one dram: mix and take two table spoonfuls once or twice a day. If there remains a stupor with twitching of the tendons and other convulsive motions, the patient's feet may be bathed in warm water, with a little rue in it, to remain twenty minutes. A blistering may be applied on the back, and be kept open until the disease is terminated. In restlessness, fifteen or twenty drops of tincture of opium, or one or two tea spoonfuls of sirup of poppy may be taken in two table spoonfuls of water, or any liquid, at bed time. Dose to children, seven or eight drops of opium, or a small tea spoonful of sirup of poppy. If the mouth and throat is sore, a gargle may be made as follows: —Take sage; a handful: boil in a pint of water: pour off clear; add two table spoonfuls of vinegar, or the juice of one lemon: sweeten with honey, or sirup of mulberries: cleanse the mouth and tongue often; or a small piece of nitre dissolved in water will answer the same. When the disease is over, two or three of the imperial pills may be taken every other day for the space of a few weeks, which will correct any remains of morbid matter that may lodge in the habit, and produce chronical diseases. If the patient continues weak, a tea spoonful of the powder of peruvian bark may be taken once or twice a day in wine, cold water, or milk, to accompany the pills.

## OF THE MILIARY FEVER.

This fever begins different from others, by breaking out in eruptions on the neck, breast, and frequently the whole body is of a florid or pale colour. This disease often attacks children, and is termed the chicken or swine pox, but is mostly a symptom of some other disease which is breeding in the habit, as the small pox, measles, the putrid or nervous fever. Women are more liable to this disease than men. It is common to women in childbed, and may be occasioned by improper management in nurses giving them too hot regimen, or by mismanaging themselves during pregnancy, as living on slops and poor weak diet, sedentary employments, indolence, costiveness, indulging in the use of spirituous liquors, hot spices, &c. The symptoms are a sensation of itching on the surface of the skin, the pustules are often filled with water resembling small bladders; these afterwards change of a yellowish colour, and as it approaches towards a putrid nature, the spots or eruptions fall off. On the first attack of this disease, the patient feels chillness and shivering all over the body, similar to an ague fit; the pulse is quick, but seldom full; the breathing is laborious, with a depression of the spirits; the tongue looks white, the strength fails. Lying in women lose their milk in this fever, with often a delirium, a burning heat over the surface of the body, which terminates in a mild sweat, by which the eruptions are supplied, with a sharp acrimonious serum of a nauseous offensive smell. About the eighth or

ninth day the pustules go off, when all the secretions of the body are restored. If the eruption suddenly falls in and looks pale, or of a dark brown colour, there is danger of an approaching putrid fever; in which case, care must be taken to counteract the putrid tendency of the humours, which may be done by the peruvian bark joined with wine, or acidulated liquids from lemons, oranges, tamarinds, apples, sorrel, or cream of tartar tea; but if the eruptions come out a few at a time and one crop succeeds another, denotes that there is a putrid tendency of the humours, which should be carried off through the capillary vessels by diaphoretic medicines, which by squeezing and contracting the fibres, force out the morbific matter which is stagnated near the surface, and feeds the pustules. By sudorific medicines, the purpose is better answered than by blistering plasters, which often cause a strangury in childbed women; also a suppression of the usual discharges attendant through the month. Nurses who have the care and management of lying-in women, should take care not to give the patient heating things, as spices, spirituous liquors, and too much wine; the regimen may be suited to the strength of the patient, as when the fever runs high the drinks may be infusion of balm with a lemon sliced in it, barley water, whey, toast and water, souchong tea, chocolate, cocoa, soft broths with pearl barley, also penado, groat gruel cordial, and if the spirits are low, a little wine may be allowed. If the patient is costive, mountain, sherry, or raisin wine, may be taken. In a looseness, red port

wine alone, or mixed with water. No drinks should be taken cold during this fever. Childbed women may take the following :

*Mixture to throw out Eruptions.*

Take of pearl barley water, eight ounces : of compound powder of contrayerva, one dram and a half : mix and take two table spoonfuls every three hours : continue until the eruptions are all thrown out : if the patient is low, a glass of white wine may be added to the mixture. After the pustules disappear, take the following :

*Decoction.*

Take of liquorice root sliced, half an ounce : sarsaparilla, one ounce : boil in three pints of water for half an hour : pour off clear, and take four table spoonfuls every four or six hours. If there is a dryness of the skin, a mild sweat may be produced by adding to the mixture one dram of Virginia snake root, or the Countess of Kent's powders. If there is a delirium, take the following :

*Camphorated Mixture.*

Take one table spoonful of the camphorated mixture in a little balm or pennyroyal tea, or barley water every three hours.—(Camphor Mixture, see appendix).

*A good Drink in the Miliary Fever.*

Take of sassafras shavings, two ounces : liquorice root sliced, half an ounce : of marshmallow

roots, one ounce: of peruvian bark in quills bruised, one ounce: boil in three pints of water half an hour: strain and take four table spoonfuls every three hours. To persons in years, or children, the following mixture may be taken if there is any danger of the fever turning putrid.

*Alexipharmacic Mixture.*

Take of Virginia snake root in powder, half an ounce: boil in two pints of water half an hour: strain and add ten grains of the powder of cochineal: dissolve in it half a dram of Venice treacle and loaf sugar, an ounce: take two table spoonfuls every three hours: children may have as many tea spoonfuls as they are years old, two or three times a day.

*Bark Electuary to prevent Putrescency.*

Take conserve of roses, two ounces: of peruvian bark in powder, one ounce: of kali, one dram: of acid elixir of vitriol, half an ounce: simple sirup, half an ounce: mix and take one tea spoonful every four hours: this should not be given to lying-in women, except in floodings or miscarriages. If the patient is delirious, it will be proper to apply blisters on the back or inside of the legs or thighs, which may be kept open until the danger is over. If a strangury or stoppage of urine should happen, take one tea spoonful of sweet spirit of nitre in a tea cupful of balm tea, or infusion of pillatory of the wall, or in wine whey, every six hours, until it hath the desired effect: lying-in women may take the following mixture:

*Bark Mixture to prevent Putrescency.*

Take of distilled mint water, seven ounces : of the powder of peruvian bark, one ounce : of tincture of orange peel, two drams : of tincture of myrrh, half a dram : mix and take two table spoonfuls every four hours, or take two tea spoonfuls of the tincture of Cascarilla in a little balm tea or barley water, every three hours ; the latter is to be preferred in laxity and debility of the stomach and bowels. Very aged persons whose constitutions are cold, two tea spoonfuls of the compound tincture of bark, may be taken three times a day in a glass of wine and water, or cold water.—(See *Intermittent Fever*). If the patient is costive, the laxative clyster may be given, or half an ounce of castor oil, or this :

*Opening Electuary.*

Take lenitive electuary, two ounces : powder of rhubarb, two drams : of kali, one dram : mix with simple sirup enough to make it smooth : take one tea spoonful every six hours until it hath the desired effect. In troublesome purging the patient may take the bark decoction as directed in the remitting fever, or the chalk or logwood mixture as recommended in the putrid fever. Nothing can be more salutary in this disease, than the use of baked or boiled fruits, as apples currants, gooseberries, raspberries, tarts of all kinds ; also oranges, sorrel tea, lemonade with a little wine in it, which, with the use of the bark in the most simple form, will finish the cure. One tea spoon-

ful of the powder of bark mixed in half a tea cupful of cold water, with thirty drops of the acid elixir of vitriol added, and take once or twice a day, will be a substitute for the more expensive preparations, especially where wine cannot be afforded. To carry off the dregs of this fever, a purge should be taken every third or fifth day for some time. Adults may take infusion of senna, or twenty grains of powder of rhubarb, or the laxative pills.—(See appendix). Children may take sirup of damask roses, sirup of rhubarb, or bucksthorn, or a little manna dissolved in water. Pregnant women should not suffer themselves to be long costive, but take one or two of the laxative pills occasionally ; they should take exercise in the open air as much as possible, and keep the mind cheerful and serene : if they are of a full habit, should be let blood once or twice during that state, and when lying-in, should not take too heating aliments, which often occasion this fever, which a prudent nurse needs no directions for.

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### OF THE YELLOW FEVER.

The yellow fever is a disease most prevalent in the West Indies, America, and those climates near the Torrid Zone, where heat and moisture are combined together, as to relax the whole frame, and produce pestilential fevers of the most malignant kind. The yellow fever was not known in the western world, by its ancient inhabitants ; nor are the present natives so liable to this disease, as

Europeans. All new-comers are in the most imminent danger of the effects of this disease:—First, from the intense heat of the climate, which causes an ebullition or ferment in the blood, by which it is rendered too fluid and quick in its circulation. the organs of the whole body become relaxed, the gall bladder nearly empties all its fluid, called bile, which is conveyed into the whole mass of blood, being taken up by the absorbent vessels in the intestines and other organs, the stomach being overflowed with bile, sends a vapour to the head, causing a vertigo, extreme pain of the head and limbs, attended with a nausea and vomiting, with loss of appetite, general debility, great depression of the spirits, faintings, delirium, &c. As the disease advances, the complexion, whites of the eyes, and the nails, turn of a yellow colour; the urine is of a saffron colour, the stools greenish or black. So malignant is this fever, that it often carries off the patient in two or three days; sometimes it will be prolonged to seven, eight, or ten days. Those patients who fall victims, die in a highly putrid state, having great hæmorhages of blood, which flows from the nose, mouth and eyes, also with the urine and stools; this is called atra bilius, or the black bile, and if not stopped on the first attack, seldom can be cured in a putrid state. On the first symptoms of the disease, the patient should use a simple diet, and abstain from the use of rum and all spirituous liquors; also acids, spices, fruits, milk, salted meat, fish, rich gravies, broth and all fat or oily mixtures; the food should be penado, water gruel, sago, groat gruel, eggs boiled soft

or poached. If the patient is low, a little wine may be taken, also the lean part of the flesh of young animals or fowls, may be eaten boiled; the drink may be beef tea, infusion of mint, balm and sage, which may be drank plentifully, in the room of India tea, with a piece of toasted bread dry. If there is a troublesome looseness, the patient may take rice boiled, or take one ounce of English oak bark boiled in a pint of water twenty minutes; add barley water, one pint: strain and drink a tea cupful frequently, or the chalk or logwood mixture.—(*See Putrid Fever*). If the patient is costive, twenty grains of the powder of Turkey rhubarb may be taken in a little infusion of the herb, Paul's betony, or in balm or chamomile tea, every twelve hours, until a stool is procured, or a laxative clyster may be given, or one table spoonful of magnesia, mixed in a tea cupful of cold water, and take every six hours, or a tea spoonful of lenitive electuary. A good drink may be made from celendine speedwell tormentil sharp pointed dock root: two handfuls may be boiled in one quart of water, or one ounce of the dock root: strain the liquor, and drink a tea cupful frequently.

#### MEDICINE.

This disease being occasioned by a ferment in the humours from heat and moisture, must be counteracted by cooling and astringent medicines; of which the preparation of quick-silver, peruvian and oak bark consist. The patient may rub on the legs, inside the thighs, arms and back,

one dram of the quick-silver ointment, every evening ; in robust constitutions, the quantity may be increased to two drams, and continued until a plentiful spitting comes on ; during which, the patient must drink plenty of barley water, or water gruel, and beware of catching cold ; at the same time may be taken, the following :

*Powders.*

Take of calomel mercury, three grains : powder of hartshorn, or any testaceous powders, as oyster shells or crabs eyes, ten grains ; mix and take in a little barley water, or water gruel, every twelve hours ; if rest is wanted, take the following : and omit the former.

*Powders to Procure Rest.*

Take calomel, three grains : powder of strained opium, half a grain : make into one pill with common sirup : take every six hours : or the patient may take of calomel, three grains, in a little brown sugar, or powdered loaf sugar, and wash down with two table spoonfuls of the chalk mixture, every six hours ; (*see appendix*) ; continue this course until the fever goes off. If the patient hath wasting sweats, a bath or a fomentation may be made by boiling any quantity of the peruvian bark, with a handful of rue in : four ounces of the bark may be boiled in two gallons of water, for half an hour : flannels may be wrung out of the liquor, and applied warm over the stomach and belly, for several hours together : if the sweating should continue, two ounces of oak bark may be added to the decoction : the patient's feet and

legs may be bathed frequently in warm water, with a handful of rue in it. The apartment where the patient is, should be sprinkled with vinegar : rue, tansy, wormwood, rosemary, and southernwood, should be laid about the room to prevent the infection being caught by others.

### *The Imperial Pills.*

The Imperial Pills of my own inventing, may be taken from four to six pills, morning and night, and wash down with balm or sage tea, water gruel, barley water, decoction of peruvian bark, or the following :

### *Vegetable Decoction.*

Take red rose leaves, half an ounce : of plantain, tormentil, and water germander, each an handful : boil in three pints of water, fifteen minutes : strain and take half a pint after the pills ; where these herbs cannot be obtained, any weak liquid will answer the end. If the patient hath a strangury or stoppage of urine. take the following :

### *Diuretic Powders to promote Urine.*

Take crabs eyes prepared, twenty grains : of sal prunella, twelve grains : mix and take in a tea cupful of barley water, or balm tea, every six hours.

### *A Powder for the same, and to promote Sweating.*

Take of spring water, six ounces, of sweet spi-

rit of nitre, half an ounce : add of tincture of castor, one dram : tincture of myrrh, one dram : take two table spoonfuls every three hours ; or take fifteen grains of Dover's powder in a little wine whey, every twelve hours, and afterwards, one tea spoonful of sweet spirit of nitre, in a little cold water, until it hath the desired effect. To promote a gentle perspiration and a moderate discharge of urine ; the two former are only to be taken when there is great heat and dryness of the skin, obstructed perspiration, &c.

*A Draught to Correct Acids and Strengthen the Stomach.*

Take of testaceous powder, one dram : of vitriolate of zinc, prepared and powdered, one grain : mix in one ounce of simple cinnamon water, and one ounce of water : take the draught every twelve hours ; afterwards take the following :

*Decocition.*

Take of the herbs cardus benedictus, or blessed thistle of scabious, and roots of butter bur, each, four ounces : boil in four quarts of water for half an hour ; strain and boil up again with three table spoonfuls of oatmeal : from half a pint to a pint, may be taken once a day. If the patient is troubled with a bilious vomiting and purging, take from fifteen to twenty grains of the powder of colomba root, every four hours, in a little barley water, wine and water, or water alone. After the fever is terminated, the peruvian bark may be taken, or the tincture of cascarila, for some time.

To avoid this fatal malady, all new-comers should take one dose of the imperial pills every day, and wash down with a draught of the following:

*Decoction, a Preventative against the Yellow Fever.*

Take of peruvian bark, one ounce : rue, half a handful : four green walnuts : liquorice root sliced, half an ounce : of gum myrrh bruised, two drams, boil in one quart of water half an hour : strain and add of salt petre, two drams : take one tea cupful every morning to wash down the pills : continue for several weeks together, and by the help of God, this will prevent not only the yellow fever, but all other epidemic diseases. Europeans should avoid going out in the night air, when the hot rainy season sets in, or when the moon is near the full, as it will cause head-aches, &c.

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## OF THE YELLOW JAUNDICE.

This is a highly bilious disease, caused by the fluid of the gall being obstructed and taken up by absorbent vessels into the blood, by which it is brought to the surface of the skin, which changes of a yellow colour, also the whites of the eyes and the nails ; the urine is yellow, or appears mixed with blood ; the stools are whitish or greenish ; the pulse is throbbing and full ; the tongue looks white, and is often covered with a yellow mucous ; the breathing is laborious ; the mouth and throat dry ; the stomach is inflated with wind, and is

oppressed with a load of viscid phlegm, with a pain of the head and limbs, and often a vomiting or purging of bile, pain of the bowels, a heat and pricking or itching on the skin, a loathing of food, aversion to exercise, depression of spirits, listlessness, &c. The jaundice may be brought on by grief, fear, anger, by obstruction of the customary evacuations, after ill cured fevers, of the remitting or intermittent kind, by indolence, eating fat and greasy aliments, bad water which is stagnated and corrupted, or full of insects.

*Regimen.*—The diet should consist of fowls boiled, the lean part of veal, mutton, or lamb, with juice of lemon, also fruit pies, puddings, eggs, panado, beef tea, broth with the fat taken off, also leek pottage, sago, chocolate, cocoa, souchong tea; the drinks may be barley water, water gruel, whey, butter-milk, sorril, or cream of tartar, tamarinds, lemonade, &c. If the patient is low, a little port wine, mixed with water, or alone, may be taken occasionally; vegetables may be eat, as lettuce, spinage, colewort, potatoes, turnips, dandelion, endive, purslain, and beet root; milk diet must be avoided.

#### MEDICINE.

If the patient is of a full plethoric habit, and young, twelve ounces of blood may be taken from the arm; if there is a load on the stomach, with an inclination to vomit, fifteen grains of ipecacuanha, and one grain of tartarised antimony, may be mixed in half a tea cupful of cold water: take

in the evening, and work off with warm chamomile tea ; in the morning take the following :

*Pills for the Jaundice:*

Take socotrine aloes, Castile soap, and powder of rhubarb, each two drams : powder of saffron, half a dram : beat in a mortar to a mass, with a little common sirup : make into middling size pills : take from three to five pills, morning and night ; between the doses take the following

*Soluble Mixture.*

Take saffron, twenty grains : boil a few minutes in eight ounces of water : strain and add to the hot liquor : of castile soap, shaved fine, two drams : of soluble tartar, half an ounce : mix and take two table spoonfuls every four hours between the pills.

*Pills for the same.*

Take of cream of tartar and cochineal, each half a dram : Castile soap, two drams : make into middling size pills, with a little simple sirup and magnesia : take three or four once or twice a day.

*Another for aged Persons, or when the Patient is Asthmatic.*

Take Castile soap, two drams : saffron, salt of steel, and salt of amber, of each twenty grains : of oil of juniper, ten drops : beat all together in a mass, and make into pills of a common size, with any sirup ; the dose as the former.

*Another for the same.*

Take tartar of vitriol and saffron, of each two drams: of salt of amber, ten grains: of Castile soap, one dram: of oil of juniper, ten drops: beat all together and make a mass for pills: make up as the former, and take three twice a day, or take this.

*Simple Decoction.*

Take of turmeric in powder, two ounces: powder of madder, (such as the dyers use) two ounces: of the inner bark of the Barbary-tree, half an ounce: boil gently in two quarts of water, for half an hour; towards the latter end, add Castile soap, two drams: boil until the soap is dissolved: take two table spoonfuls every three hours..

*A Powder for the same.*

Take earth worms, any quantity, wash them clean: dry them and beat to fine powder: take twenty grains, or as much as will lay on a six-pence, every six hours, in two table spoonfuls of featherfue, saffron, or marigold tea, or take the following:

*Powder for the same.*

Take cream of tartar, an ounce: turmeric in powder, one ounce: madder in powder, half an ounce; mix and divide into twenty-four doses: take one every six hours in a little cold water: these are proper if the patient is costive, or the following:

*Electuary:*

Take Castile soap, three ounces; rhubarb in

powder, half an ounce : species of hiera picra, half an ounce: and with half an ounce of sirup of orange peels, make an electuary : take the size of a nutmeg twice a day. This is a good medicine for cleansing the liver, and promoting the secretion of the bile ; for want of which means, this fluid remains unstrained in the mass of blood, and causes the yellow tinge on the countenance. In females, where there is an obstruction of the menses, half an ounce of the filings of iron may be added to the electuary ; dose as the former. If there is a pain under the ribs of the right side shews there is an obstruction of the liver, in which bleeding should be immediately performed and repeated, if the symptoms continue. If the patient is afflicted with spasms, pain of the stomach or bowels, the following may be used :

#### *A Fomentation to Ease Pain.*

Take rosemary, chamomile flowers, southernwood, and feverfew, each a handful : boil in two quarts of water ; pour off clear : wring flannels out of the hot liquor, and apply on the part where the pains is, or a little of the volatile linimen may be rubbed on the part often : a draught of chamomile tea may be taken frequently. If there is a schirrus on the liver, or the patient is dropsical, one or two of the imperial pills may be taken once a day, and washed down with broom buds and horse-radish decoction : a handful of the broom, and one ounce of horse-radish root, with half an ounce of the root of dandelion, may be boiled in two pints of water, for half an hour

strain and take a draught after the pills at night : in the morning the patient may take a raw egg, beat up well, and add one tea spoonful of tincture of saffron. If the disease approaches to the black jaundice, which may be known by the complexion changing blackish, take the following :

*Mixture.*

Take of spring water, one pint and a half : of Castile soap, one ounce : of saffron one dram : boil gently over a slow fire until the soap is dissolved : take three table spoonfuls every morning and night, after the imperial pills.—When the disease is gone off, the patient may take as much exercise as possible in the open air : or take a journey in a carriage. Pregnant women should not suffer themselves to be long costive ; should be let blood if strength will admit, once or twice ; during that state, may take the laxative pills.—See appendix.

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## OF ST. ANTHONY'S FIRE.

The erysipelas is an inflammatory disease, and frequently attacks persons of a plethoric constitution, who have the scurvy, or scrofula in their habit : also from much fatigue, by over heating the blood, or from sudden chills, by drinking cold liquids when the body is heated, the striking in of eruptions, stoppage of the menses, drying up of issues, drinking spirituous liquors ; also the depressing passions, as grief, fear, anger, sudden frights, wet feet, damp beds, &c. The symp-

toms are cold shivering fits, with alternate flushes of heat, pain of the head and limbs, a quick hard pulse, the tongue looks white, the countenance florid, with oppression of the stomach, difficulty of breathing, and often a nausea and vomiting: to which succeeds a delirium, loss of appetite, and great debility. This disease often attacks one part of the body, as the leg, thigh, neck, breast, eye, hand, and arm, which swells and afterwards reaks out in small red pimples, and fills with clear water. If it begins in the face, it is dangerous, as it may affect the brain, which causes a vapour and drowsiness; the eyes often close up, the face swells, and is inflamed. Regimen in this disease should be diluting and emollient, as barley water, soft broths, water gruel, fowls oiled, beef tea, spinage, potatoes, custards, tripe oiled, calves feet, &c. The drink may be balm, sage, sorrel, apple, or cream of tartar, tea, or infusion of cinquefoil, liquorice root, linseed, marshmallow or elder flowers.

#### MEDICINE.

On the first attack of this disease, if strength will permit, twelve ounces of blood may be taken from the arm, and repeated every two or three days. If the pulse keeps full, and is hard to the touch, and the fever high, the legs and feet may be bathed in warm water, every other night whilst the fever continues: the body must be kept open with infusion of senna and prunes: or the laxative lyster may be given, or half an ounce of castor oil: or the following:

*Laxative Powder.*

Take powder of rhubarb, two drams : of cream of tartar, half an ounce : mix and take half a dram in a little barley water, or water gruel, every twenty four hours. If there is a purging, take the following :

*Nitrous Mixture.*

Take of spring water, six ounces : of purified nitre, two drams : of tincture of senna, half an ounce : mix and take two table spoonfuls every three hours. If the patient hath a dryness of the skin, and the fever is high, the following may be taken to promote perspiration :

*Diaphoretic Mixture.*

Take of the camphorated mixture, two ounces : (*see appendix*) ; of spring water, four ounces : of tincture of Russia castor, one dram : mix and take two table spoonfuls every three hours, or fifteen or twenty grains of Dover's powder may be taken in half a pint of wine whey, or thin water gruel, balm, or rosemary tea. The patient must lay in bed to encourage a gentle sweat, until the fever abates. If the mindererus spirit is preferred, two table spoonfuls may be taken in a little wine whey, thin water gruel, or barley water, every three hours ; if there is a delirium, the mustard cataplasm may be applied to the soles of the feet, and a blister layed on between the shoulders.

*Mustard Cataplasm.*

Take of mustard powdered, crumb of wheaten

bread, of each half a pound : warm vinegar, as much as is sufficient : mix and make a cataplasm, of which a little may be spread on linen, and applied to the soles of the feet. If the disease affects the face, blisters may be applied behind the ears, and kept open until the malady goes off. If the part forms an abscess, and matter is collected, a soft poultice may be applied until it discharges ; afterwards cleanse the wound with the following :

### *Decoction.*

Take of chamomile flowers, one handful : peruvian bark an ounce : boil gently in a pint and a half of spring water : strain and add of tincture of myrrh, four drams : wash the ulcer with the warm liquor twice a day ; also cloths may be wet in it and layed over the part before it breaks, which will often cause a suppuration without poulticing. If the part should turn black or purple, there is danger of gangrene : the former decoction may be made double the strength with an ounce of tincture of myrrh, added ; the part must be bathed frequently. The patient may take the following :

### *Mixture.*

Take of peruvian bark in powder, one ounce : of spring water, six ounces : of red port wine, two ounces : of oil of cloves, four drops : mix and take two table spoonfuls every three hours. If there is much fever, the cloves may be omitted.

### *Another where there is much Fever.*

Take spring water, six ounces : peruvian bark,

an ounce : of the acid elixir of vitriol, half an ounce : of sirup of poppy, half an ounce : mix and take two table spoonfuls every four hours ; or the patient may take a tea spoonful of the powder of bark, in a glass of wine, or in cold water, with ten drops of acid elixir of vitriol in each dose : take every four hours ; or the juice of lemon may be used in the room of the elixir as follows :—Take spring water, six ounces : powder of peruvian bark, one ounce : the juice of one lemon: make a mixture, and add loaf sugar, or sirup of poppy, sufficient to make it agreeable : take as the former till the cure is performed. Those persons who have an hereditary taint of the king's evil, or scurvy, and are subject to the erysipelas, by taking the imperial pills, and drinking after each dose a draught of the sweet wood decoction, (*see appendix*), spring and autumn, will never have any attack or return of the disease.

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## INFLAMMATION OF THE EYES.

Diseases of the eyes proceed from numerous causes ; as long watching, night air, wet feet, damp beds or floors, wet clothes ; also from the scurvy, king's evil, or venereal disease, after the small pox and measles, drinking much spirituous liquors, stoppage of the menses, bleeding piles, drying up of ulcers, or issues, striking in of eruptions from the itch, and is often an epidemic disease, affecting whole families. Biliary diseases often

cause an inflammation of the eyes, or a lurking intermittent fever; which cannot be removed but by taking the bark. In violent inflammation of the eyes, the patient should have ten or twelve ounces of blood taken from the arm. If it proceeds from a venereal taint, it cannot be cured by any outward applications, but such medicines as directed under that disease, with a plentiful use of the sweet wood decoction, and wash the eyes with infusion of rose leaves, or the following:

*Lotion for Inflammation of the Eyes..*

Take elder flower water, two ounces : saffron, four grains : dissolve in the water, and strain ; then add of camphorated spirit of wine, one dram : mix together, and bathe the eyes two or three times a day. If the inflammation is accompanied with a salt acrid humour, use the following :

*Lotion for the same.*

Take white rose water, two ounces : camphorated spirit of wine, half an ounce : saffron, five grains : mix and wash the eyes frequently.

*Another for the same.*

Take of white rose water, two ounces : distilled eye bright water, two ounces : white sugar candy, finely powdered, fifteen grains : of Barbadoes aloes powdered, fifteen grains : mix and shake up : drop a few drops in the eyes every night going to bed. If the eyes have pricking pains and are almost deprived of sight, use the following :

*Lotion for Violent Inflammation of the Eyes.*

Take camphorated spirit of wine, an ounce : of peruvian balsam, one dram : dissolve in the spirit and drop a few drops in the eyes every night.

*Sir Hans Sloan's Ophthalmic Ointment.*

Take of prepared tutty, one ounce : of lapis haematinus, or blood stone prepared, forty grains : put them into a marble mortar : rub them with a pestle of the same stone, with a sufficient quantity of viper's fat, or fresh butter : make into a liniment, and use morning and evening : a little taken up with a hair pencil, or a feather, and draw over the eye-lids, with the eyes a little open : in the morning, wash off with cold spring water. During the use of this ointment, a blister should be put behind the ears, or on the back of the neck, and kept open until the inflammation goes off. If the patient is of a plethoric habit, twelve ounces of blood may be taken from the arm, or leeches may be applied to the temples, or an issue may be set in the arm, or a scton between the shoulders. The patient may take one or two of the imperial pills once a day, which will correct the acrimony of the humours, carry off the bile, and greatly assist in performing the cure, whether the cause is scrofulous, scorbutic, or venereal, or from the small pox, or measles ; in the latter use the following :

*Lotion.*

Take celandine water, one ounce : cyprian vi-

triol, one grain : dissolve in the water : touch the part affected with a little on a feather, once or twice a day, or take spring water, eight ounces : white vitriolated zinc, ten grains : shake together and bathe the eyes often, or take calamine livigated, half a dram : rose water, two ounces : mix and use as the former, or take of eye bright water, or succory water, two ounces : of prepared tutty, half a dram : mix and wash the eyes frequently.

*A Juice to take off Spccks, Films, &c.*

Take celandine leaves : bruise and strain out the juice : to one ounce of the juice add of double refined sugar, one dram : drop a few drops into the eyes at night going to bed.

*For Tumours and Abscesses.*

Sometimes small tumours will be formed on the tunica cornea, and are full of matter : when they are ripe, may be known by the part looking white and opaque, when it should be opened by a lancet, and the matter pressed out ; afterwards the eye may be washed with rose water and honey mixed, or a decoction of chamomile flowers, wood betony and honey boiled in a pint of water, and use as the former, or a little double refined sugar may be powdered and blow into the eye every night ; no bandage or shades should be warm over the eyes, as by keeping them too warm is prejudicial and hinders the cure.

*OF THE GUTTA SERENA.*

This is a loss of sight without any visible appearance of defect in the eyes, and is caused by obstruction in the optic nerves, and is difficult to cure. Electricity hath been proved with good effects. The patient must sit on an electrical chair : the eye must be kept shut, and an instrument, round at the end, placed on the eye lid to draw the spark, which must be repeated every other day for some time. To remove specks and films, the patient may be placed as before, the eye must be kept open and a needle held at the distance of half an inch from the eye, with the point opposite the speck, which by attraction, will become loose by degrees, and disappear. This operation may be repeated every other day, till the cure is performed. Cataracts are a film which grows over the pupil of the eye, and should remain until they become ripe. When an operation is necessary to remove them, none but an oculist or surgeon, should undertake the operation, as the eye is a delicate organ, and should not be ignorantly tampered with. In diseases of the eyes, the body should be kept open by cooling purges ; the regimen should be simple and diluting, as tea, broths, water gruel, barley water, milk pottage, panado, light puddings. In the scrofula, the diet may be nourishing ; the drinks balm, sage, liquorice, sorrel, apple, or cream of tartar tea ; also whey, buttermilk, toast and water, avoiding onions, garlick, spices, salted or smoak-dried meats, and all heating aliments ; also wine or spirituous liquors ;

a little cyder, porter, mild ale, or a glass of wine, in scrofulous habits, may be taken occasionally : one or two of the imperial pills may be taken once a day, with the greatest advantage. If the disease proceeds from the turn of life in females, one ounce of Glauber's salts may be boiled in two pints of water ; dose, half a pint once a day, or take of the powder of jalap and nitre, each ten grains, once or twice a day in a draught of cold water, or take linitive electuary, an ounce : of purified nitre, two drams : of Æthiop's mineral, two drams : mix and take the size of a nutmeg once or twice a day : the feet may be frequently bathed in warm water, and the head kept cool, avoiding looking at luminous objects, as the fire, candle, sun, &c.

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## INFLAMMATION OF THE BRAIN.

This disease may proceed from the stoppage of any of the customary evacuations, as the piles in men, or the menses in women, drying up of issues, or running ulcers, which have been healed up without first correcting the morbid matter in the habit ; also by hard drinking, injuries from blows, over study, anger, grief, anxiety, by improper management in fevers, St. Anthony's fire, sedentary employments, from a translation of the morbid matter, of the gout to the brain, from the scrofula, abcesses in the head, too luxuriant diet, &c. The symptoms are a violent heat and flushing of the face, pain of the head, throbbing of the tem-

poral arteries, restlessness, delirium and inflammation of the eyes, trembling of the nerves, convulsions, costiveness and stoppage of the urine, the mind is perplexed with fearful ideas, and a recollection of things past, which crowd upon the mind and cause a violent agitation, producing a frantic derangement which exhausts the strength of the patient. When the raging fit is over, the patient lays as it were in a state of insensibility. The treatment of this disease is very critical, as too much company or noise, large fires in the room, too much light, lying with the head too low, too many bed cloths, spirituous liquors, spices, &c. must be avoided ; the mind must be soothed by promising every thing the patient fancies, the diet must be light as directed in the inflammatory fever ; the drinks must be weak and diluting, as balm, sorrel, apple, tamarind tea, or cream of tartar, but no malt liquor or wine should be taken ; all kinds of fruit are proper, as apples, oranges, mulberries, raspberries, currants, strawberries, currant jellies and preserves of all kinds ; the feet may be bathed in warm water frequently, the head should be washed with vinegar and salad oil mixed, equal quantities, morning and evening ; the patient must be kept cool and composed, and take the following :

*Cooling Mixture.*

Take of spring water, or elder flower water distilled, six ounces : of purified nitre, one dram and a half : of powder of rhubarb, half a dram : of tincture of castor, thirty drops : of loaf sugar, a

dram: take two table spoonfuls every four hours. Bleeding is proper on the first attack of this disease, ten or twelve ounces may be let from the arm; leeches may be applied to the temples or the neck; a blister may be layed between the shoulders, and kept open during the disease. If the patient hath been accustomed to the gout, the soles of the feet may be rubbed with the volatile liniment, or sal volatile; the quantity a tea spoonful once a day, or blisters may be applied on the legs or inside of the thighs, and kept open while there is danger; a little wine and water may be taken in gouty cases; also the sweet wood decoction; (*see appendix*); and the patient must avoid acids. In costiveness, take the following:

### *Opening Mixture.*

Take of Glauber's salts, half an ounce: boil in a pint of water: add of senna, two drams: boil gently fifteen minutes: strain and add loaf sugar, half an ouuce: take two or three table spoonfuls once or twice a day, or the opening electuary may be taken, (*see Acute Fever*), or these

### *Cooling Powders.*

Take of purified nitre, an ounce: of jalap in powder, or rhubarb, two drams: mix and divide into twenty-four doses: take one every six hours, in a little barley water or balm tea, or fifteen grains of nitre may be dissolved in the patient's drink, and take every four hours. If the disease proceeds from obstruction of the menses, the patient must be bled in the foot and take medicines

as directed on female obstructions, the body must be kept open with laxative medicines.

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## INFLAMMATION OF THE STOMACH.

This disease proceeds from different causes, as the acrimony of the bile, from a plethoric habit, stoppage of the menses, bleeding piles, drying up old running ulcers too soon, the over use of spirituous liquors, strong antimonial vomits, drastic purges, obstructed perspiration, wet feet, damp beds or clothes ; also the morbid matter of the gout, poisonous substances taken into the stomach ; also the depressing passions, as anger, surprise, fear, &c. ; the symptoms are a sharp burning, pain in the pit of the stomach, sickness and vomiting of a bitter acrid phlegm, the stomach is swelled with great oppression, acute pain, a quick pulse, thirst, restlessness, when any drink or food is taken the patient often vomits it up again ; spirituous liquors, emetics, strong purges, spices, and all heating things, must be avoided ; the diet must be light, as water gruel, soft broth without herbs, panado : the drinks may be barley water, toast and water, balm, ground ivy, elder flower, chamomile or broom buds tea ; also liquorice, sarsaparella and sassafras decoctions, of which the patient must drink plentifully, every thing must be taken warm.

### MEDICINE.

The first thing to be recommended is bleeding :

twelve ounces of blood may be taken from the arm, and repeated ; if the pain, heat, and sickness continues, and the pulse is full, the feet may be bathed in warm water, and afterwards wrapped in flannel, and take the following :

### *Cooling Decoction.*

Take of salt prunella, half an ounce ; loaf sugar, half an ounce : powder of cochineal, ten grains : put into a pint of water and simmer over a slow fire a few minutes : take two table spoonfuls every three hours. If the patient is costive, give the following :

### *Laxative Clyster.*

Take linitive electuary, an ounce : milk, one pint : olive oil, an ounce : honey, half an ounce : tincture of opium, ten drops : mix and warm these ingredients, and give every twelve hours, or take water, a pint : linitive electuary, an ounce : common salt, three drams : mix and give as the former. if the disease will not yield to these means, use the following :

### *Carminative Fomentation.*

Take chamomile flowers, an ounce : rosemary, a handful : leaves of bugle, a handful : boil in two pints of spring water for twenty minutes : wring flannels out of the hot liquor, and apply warm to the stomach. If all these herbs cannot be obtained chamomile flowers may be used alone, or bladders filled with warm water, may be used in the same manner. If these means have not the

desired effect, a blister may be applied on the stomach, and kept open until the danger is over. If chamomile tea will sit on the stomach, thirty flowers and half a handful of marshmallow leaves may be boiled in two pints of water a few minutes; strain, sweeten with honey, and take a tea cupful every three hours; or take sage leaves and chamomile flowers, each half an ounce: boil in a pint and a half of water fifteen minutes; strain and add sirup of mulberries, or black currant jelly, half an ounce: take four table spoonfuls every three hours, or the following:

*Mixture.*

Take barley water, six ounces: of purified nitre, one dram: of sirup of red poppy, half an ounce: mix and take two table spoonfuls every three hours; or this draught:—Take spring water, an ounce; sweet spirit of nitre, one tea spoonful; mix and take every six hours until the pain is abated; or take fifteen drops of tincture of opium, every six hours, in a wine glass of cold water.

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**INFLAMMATION OF THE BOWELS.**

This being an acute and dangerous disease, is often occasioned by the same causes as the former, but is more violent, and if not soon relieved, often ends in mortification and death. The treatment should be similar to the inflammation of the stomach. The patient must be let blood in the arm, and may be repeated according to the violence of

the malady. If the pulse rises after the first operation, and the patient is of a full plethoric habit, bleeding may be repeated to three or four times. After the operation, a clyster may be given ; if the patient is costive, the common purging clyster ; if there is a laxative state of the body, the carminative clyster may be given, (*see appendix*), and repeated as the symptoms require. This disease may be distinguished from the former by the pain being below the region of the stomach ; the vomiting is more frequent, so that the contents of the bowels, and even the clysters, are often thrown upwards and discharged by the mouth ; the above is caused by the peristaltic or vermicular motion of the intestines or bowels having a reversed motion, contrary to the course of nature, and have their movements upwards instead of downwards, as whatever aliment is thrown through the orifice of the stomach into the duodenum, where it is mixed with bile from the gall bladder and liver, and the pancreatic juice from the pancreatic gland, which fluids serve to delute the aliments, and to separate the chylus from the fæces which take their direction through the bowels to the rectum, the motion of the bowels moving downwards similar to the crawling of a worm, but on moving upwards is called twisting of the guts, but no such thing can happen. Diseases of the bowels are caused by ruptures, obstructions, acrimony of the bile ; inflammation, convulsions, which may proceed from errors in diet, drinking sour windy liquors, or poisonous substances, or from a schirrus in the intestines, many persons use crude quick-silver,

which is dangerous if it cannot make its way through the intestinal tube. The patient, under such cases, must be raised with his feet uppermost, and the head downwards, by which the quick-silver will return by the mouth. I would sooner recommend other means as the most safe and efficacious, by drinking plentiful of weak emollient drinks, as balm and sage tea, barley water, thin water gruel, weak chamomile tea, or infusion of elder flowers and ground ivy, or marsh-mallow and linseed decoctions, or beet roots ; the diet may be chicken broth, the lean part of tripe boiled, broth with pearl barley in, panado, water gruel, chocolate, whey, liquorice root, &c. The patient must be kept quiet and composed, the apartment should be moderately warm, with the admission of fresh air if the weather is dry. If after bleeding, bathing the feet, blistering plasters, and clysters, have not the desired effect, the following means must be used :

#### MEDICINE.

##### *A Purging Mixture.*

Take of Epsom salts, one ounce : dissolve in half a pint of warm water : add when cold, one ounce of tincture of senna : take two spoonfuls every three hours ; or take two or three of the laxative pills ; (*see appendix*) and wash down with a little weak chamomile tea or barley water ; if these will not procure a stool, take the following mixture, or half an ounce of castor oil :

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*Another Purging Mixture.*

Take of distilled spearmint water, eight ounces : of the powder of rhubarb, two drams : of kali, one dram : mix and take one or two table-spoonfuls every three hours ; if the pain does not abate, a blister may be applied over the part, or several leeches may be put on where the pain is most acute, or a fomentation made of chamomile flowers, southernwood, and featherfew, or rosemary and elder flowers, of each one handful ; boil in a quart of water fifteen minutes ; when the liquor is hot, flannels may be wrung out and laid over the part, and changed as they cool. If the sickness and vomiting continues, take the following :

*Draught.*

Take of spearmint water, one ounce : add tincture of opium, fifteen drops ; give at once : repeat every six hours, or give one tea spoonful of sirup of white poppy in a glass of mint water, every three hours ; repeat until the vomiting abates. If the patient vomits bile, which may be known by the bitter taste of the phlegm, take the following :

*Draught for a Purging and Vomiting.*

Take of spearmint water distilled : one ounce : of the tincture of columba root, one dram : repeat every four hours. This is most proper when the patient hath had too much evacuation by stool, it being calculated to stop bilious vomiting and purging. In obstinate costiveness, when every

remedy fails to procure a stool, the patient may be put into a warm bath, and remain in fifteen minutes; after the warm bath, a laxative clyster may be given in the space of an hour. Where there is not convenience for a warm bath, blankets may be soaked in a decoction of chamomile flowers and rosemary, which may be made by boiling a few handfuls of the herbs in several gallons of water, and wring out the blankets whilst the liquor is warm: the patient may be wrapped up in them until it cools, then use another until a sweat comes on, which may be kept up by a little wine whey, and five grains of Dover's powders added; repeat every half hour until the spasms are relaxed by the sweats that will ensue Care must be taken that the patient does not take cold after this management, but must be wrapped in warm dry flannels until the pores are again closed and the sweatings subside. In case of a rupture, the bowel should be returned into its place, and a worn. To avoid this dangerous and painful disease, persons should abstain from drinking of spirituous liquors; also from bread made with sour leaven, or unsound corn; also stale beer, unripe fruits, all fat and oily mixtures, wet feet, damp linen, too much exercise, lifting heavy burthens, long costiveness, &c.

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## INFLAMMATION OF THE LIVER.

An inflammation of the liver is often caused by

a plethoric habit, the over use of spiritus liquors, as brandy, rough wines, also over corpulence, too high living, indolence or sedentary employments, the too frequent use of antimonial vomits, drinking cold sour liquors when the body is heated, a bilious constitution, gall stones, or too hot a regimen, obstruction from schirrus, excessive colds from wet feet, damp beds, the turn of life, or obstructions in females. The symptoms are an acute pain of the right side under the short ribs, which part is the seat of the liver; the patient feels a hardness of the part with difficult breathing, weariness after motion, a quick pulse, much thirst, palpitation of the heart, a dry cough, drowsiness, loss of appetite, and often a retention of the urine, which is high coloured, the complexion looks yellow, also the whites of the eyes, the tongue is covered with a yellowish coat near the root, the throat is dry, and the lips parched. If there is a cancer or schirrous of the liver, and tinged with blood, with fits of excruciating pains of the side; sometimes the liver will grow to a considerable size.—I had a patient who, after every assistance that medicine could afford, died of a liver case, and being opened, the liver weighed nine pounds: which frequent bleedings and exercise, with low diet, might have prevented. In inflammation of the liver, the diet must be light, and the drink weak and diluting, as directed in other inflammatory diseases. The patient must on the first attack, be let blood, and repeated according as age and strength will permit; leeches may

be applied on the part where the pain is most acute, or a poultice or blister may be applied, or a hot wheaten loaf fresh drawn from the oven, may be broke asunder, and one half laid to the part and remain until it is cold, then apply another, continue until the pain abates. Two drams of the anodyne ointment, may be rubbed well into the part before a warm fire, every twenty-four hours, and avoid all strong purges, emetics, or drinking any liquid cold. The patient may drink freely of balm tea, with tamarinds or black currant jelly, or honey in, or lemons sliced in weak chamomile or hysop tea; liquorice root may be boiled in water, and a little sirup of mulberries added, or cream of tartar tea, is a proper drink in this disease. The patient may take this mixture if there is a retention of urine and costiveness.

### *Cooling Mixture.*

Take of spring water, six ounces: of salt of prunella or purified nitre, two drams: of sirup of bucksthorn, two drams: mix and take two table spoonfuls every three hours, or the saline jalap may be taken as directed in the putrid fever, or the following if the patient is laxative:

### *Mixture*

Take of elder flower water distilled, or spring water, six ounces: of kali, two drams: of sirup of saffron, one dram: mix and take two table spoonfuls every four hours, or one tea spoonful of sweet spirit of nitre may be taken every four hours in a little balm tea; if there is a dryness of

the skin from obstructed perspiration, two table spoonfuls of the spirit of mindererus may be taken every four hours in a tea cupful of warm wine whey, or any warm liquid. If there is a cancer or an abscess of the liver, may be known by the shooting pain of the part, or by a discharge of matter from the navel, as happens from abscesses, the imperial pills may be taken.

### *Imperial Pills.*

The patient may take one or two of the imperial pills, once a day and wash down with any liquid. By due perseverance in a course of these valuable pills, a safe and efficacious cure will be performed in all liver cases. If there is a dropsical habit, take the following :

### *Draught.*

Take of elder flower water distilled, one ounce : of purified nitre, twenty grains : sirup of poppy, half a dram : mix and repeat every six hours, and take one imperial pill at bed time, every night, or the following :

### *Electuary.*

Take honey, one ounce and a half : of purified nitre, three drams : of sirup of fox gloves, two drams : mix and take one tea spoonful once or twice a day. In diet, all acrid aliments must be avoided, as spices, salted meats, spirituous liquors, red wine, sour ale, &c. If the disease proceeds from the stone or gravel, the patient must take medicine, as recommended on that subject.

**INFLAMMATION OF THE BLADDER.**

This disease originates from an inflamed state of the blood, the piles, costiveness, gravel or stone in the bladder, ureters or kidney, polypusses in the urinary passages, a palsy of the bladder or other organs, from ulcers, the venereal disease, too much exercise, particularly riding on horseback; also sprains, bruises, the over use of brandy, tincture of Spanish flies, or from too many blisters applied on the body at once. The treatment of an inflammation of the bladder, should be similar to the former: the first remedy is bleeding in the arm, or by leeches about the groins, on the inside of the thighs, or over the arch of the pubis; every thing the patient takes should be emollient and laxative, as marshmallows, linseed, or decoction of turnips, soft broths with barley in, panado, water gruel, barley water, balm or cream of tartar tea, sweetened with honey. If there is a difficulty of passing the urine, take the following:

*Duiretic Draught.*

Take of spring water, eight ounces: of gum-arabic, two drams: boil until the gum is dissolved; then add of salt of prunella, two drams: of sirup of poppy, two drams: or honey, half an ounce: mix and take two table spoonfuls every three hours. Twenty or thirty grains of powder of salt petre, may be mixed in a cup of the patient's drink, take once or twice a day. If there is costiveness, infusion of Epsom salts and senna, may be taken occasionally.

*OF THE QUINSY.*

An inflammation of the throat is often occasioned by an obstructed perspiration from wet feet, damp cloths, beds or floors, night air, over exertion of the voice, violent passions of the mind, over fatigue, drinking spirits, and going out in the cold or in great fogs or much rain, or from a plethoric habit, which abounds with too much blood. The quinsy may be caused by improper treatment in fevers, and other febrile diseases. The symptoms are a quick pulse, fever, a swelling of the glands, difficulty of swallowing, the face is florid, the eyes red and inflamed, the tongue white, the breathing laborious, with a sickness of the stomach, often a pain of the head, and an oppression of the breast, a spitting of clammy tough phlegm: the food must be light, the drink weak and diluting, and plenty must be taken. The patient should be constantly sipping of some warm liquid, as balm tea, with a little nitre added, and sweetened with honey, barley water, wine whey, or common whey, decoction of turnips, soft broth, with leeks and barley put in, chicken broth, cream of tartar tea, or lemonade, apple, sorrel or ground ivy, and elder flower infusion, sage tea, with a lemon sliced in, or jelly of black currants, sirup of mulberries, sirup of quinces, and all kinds of fruit may be taken; if the patient can swallow them. All violent exercises, of the body, or agitation of the mind, should be carefully avoided; the feet may be bathed in warm water,

and afterwards be rubbed with a little spirits of hartshorn on the soles, at bed time:

#### MEDICINE.

If the patient is young and of a sanguine constitution, bleeding should be performed before the disease is far advanced, and may be repeated; if the blood that is taken is covered with a whitish coat, and is sify, with but a little serum, a blistering plaster may be applied over the part from one ear to the other, on the throat, and kept open whilst the disease continues. The mouth and throat should be frequently gargled with the following decoction :

#### Gargle.

Take sage a handful: boil in a pint of water: strain and add of sirup of mulberries, or black current jelly, half an ounce; or vinegar, a wine glass full; sweeten with honey, and gargle the mouth and throat frequently, a little may be swallowed. If there is much fever, which may be known by the hardness and quickness of the pulse, the patient may take two table spoonfuls of the mindererus spirit, in a little warm balm or sage tea, or barley water, every three hours, and lay in bed to encourage a perspiration, or take rosemary, a handful: boil in one pint of vinegar: strain and sweeten with honey, and take two table spoonfuls every three hours; repeat until a copious sweat breaks out, which will greatly relieve the patient. If there is an inclination to vomit, the saline jalap may be taken with advantage, as di-

rected in the putrid fever; the throat and neck may be rubbed with a little olive oil and spirits of hartshorn; equal quantities mixed, and keep the part warm with flannels. When there is danger the voice falters, and the countenance looks ghastly, the breathing difficult; fomentations may be made with chamomile flowers and rosemary, of each an ounce: boil in a pint and a half of water: strain and foment the throat and neck frequently: this is to be applied if blistering plasters are not used. If the swelling should increase so as to endanger the patient by suffocation, the part must be opened by a surgeon; care should be taken in the operation not to pierce an artery or vessel, or the thorax. If the patient cannot swallow down any aliment to continue life, recourse must be had to clysters, made with milk, honey, conserve of roses, or the liquor of tripe, chicken broth, beef tea, milk pottage, water gruel, or barley water, with the yoke of an egg beat up and added to the clyster, may be injected ~~milk warm~~, once or twice a day. If the tumour forms matter, and is inclined to come to a superation, it may be forwarded by applying to each side of the throat a small weaten loaf broke asunder as it is drawn hot from the oven; bind on, and it will ripen the abscess and cause it to break, or a white bread poultice, with a white lilly root bruised and mixed with the poultice, apply over the part. If the abscess forms inside of the throat, the patient should have a gargle kept hot over embers, and draw in the steam frequently. The gargle may be made of vinegar, with tincture of myrrh and cam-

phor; to one pint of vinegar, add half an ounce of tincture of myrrh, and one table spoonful of champhorated mixture; this is good to gargle the throat and cleanse the tongue and mouth with. During the disease, the patient may take the following electuary, to keep in the mouth to dissolve gradually down the throat:

*Electuary.*

Take honey, two ounces: of powder of salt prunella, half an ounce: mix and take one tea spoonful frequently: or twenty grains of salt petre in powder, may be taken in a glass of water twice a day, where the other cannot be obtained. If the disease should leave hardness of the glands, with pain in swallowing the food, the part about the neck and throat may be rubbed once a day, with the anodyne ointment, and take one of the imperial pills once a day, which will complete the cure.

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**OF THE PUTRID SORE THROAT.**

This disease is often caught by infection, and is more liable to children and young persons than adults. It often proceeds from cold, wet feet, night air, wet cloths, bread made from damaged corn, or after fevers when not properly cured. The symptoms are cold chills, and succeeding flushes of heat, the tongue looks white, the face swells, the mouth and inside of the throat becomes covered with a crust, under which is full of small

ulcers, the breath is very offensive, the pulse is quick, the breathing laborious, the urine is of a saffron colour, and lets fall a sediment at the bottom like chalk ; after a few days spots appear on the neck and breast, and often on other parts of the body, resembling the measles. Under this eruption is little ulcers, the patient is often troubled with sickness or vomiting, and a looseness ; this distinguishes the disease from a quinsy. The diet should be light and nourishing, as water gruel, with a little wine in, chicken broth, beef tea, veal, or the lean part of mutton, or sago, chocolate, calves feet jelly, milk pottage, custards ; the drink may be wine whey, butter milk with a little toasted bread in ; a decoction made with turnips, or linseed, liquorice root, sarsaparilla, or the bur dock root, may be drank frequently ; one ounce of the roots boiled in a pint and a half of water, makes the decoction ; all cooling aliments or medicine, must be avoided ; the patient must be kept in bed to encourage a perspiration, and may take fifteen grains of Dover's powder (*see appendix*) in a little wine whey ; to children, as many grains as they are years old ; or the same quantity of Gascoign's powder, if preferred to the former, may be given in whey or infusion of balm, every twelve hours. When a mild sweat begins, it should be kept up by taking frequently, a little warm white wine and water, or wine whey ; the patient may take an emetic if the stomach is loaded with viscid phlegm, from five to fifteen grains of powder of ipecacuanha, in a little cold water, may be made into a draught,

and work off with chamomile tea or water gruel. The mouth and throat may be gargled with the following decoction :

*Decoction for a Gargle.*

Take sage leaves, one handful : chamomile flowers, two drams : of the herb loose strife, a handful : of peruvian bark in quills, half an ounce : boil in two pints of water for twenty minutes ; strain and add of the acid elixir of vitriol, half an ounce : of honey, two ounces : gargle the mouth and throat frequently Children may have a small mop made of linen, and their mouth washed with it two or three times a day, or take borax one dram : dissolve in six ounces of rose water, and gargle the mouth and throat often, or take plantian leaves and sage, each a handful : boil in a pint and a half of water : strain and add vinegar, four ounces : tincture of myrrh, two drams : honey, an ounce : gargle the mouth frequently, and take the following :

*Decoction.*

Take of the herb garden madder, one handful : chamomile flowers, half an ounce : boil in two pints of spring water fifteen minutes : strain and sweeten with honey : take two table spoonfuls every four hours. If the patient is troubled with a nausea or sickness, the saline jalap may be taken, as directed in the putrid fever. If there is a looseness, fifteen grains of powder of columba root, may be taken every four hours, in a tea cupful of spring water. If there is a discharge of blood

from the ulcers in the mouth and throat, give the following :

### *Mixture.*

Take acid elixir of vitriol, half an ounce : of tincture of peruvian bark, half an ounce : mix and take one tea spoonful every four hours, in a little cold water, or take the herb tormental, a handful : or nettle roots, one ounce : boil in a pint of water : strain and sweeten with honey, and take three table spoonfuls frequently, or take red sage, one handful : ground ivy, one handful : boil in a pint of water, and give as the last. A blistering plaster may be applied between the shoulders, or on the throat, and kept open until the disease abates. If the pulse is low, weak and irregular, with much debility and a depression of the spirits, take the following :

### *Decoction.*

Take of Virginia snake root, in powder, four drams : boil in one pint of spring water : add when boiling cochineal, ten grains : strain the liquor and add of Venice treacle, two drams : of honey, one ounce : take two table spoonfuls every three hours : repeat until the pulse rises and the patient is relieved ; the peruvian bark may be taken to complete the cure ; one tea spoonful of the powder may be taken in a glass of wine, or in milk, or wine whey, or water alone, every six hours. If the bark is liable to purge, the patient may take one tea spoonful of the tincture of cassarilla, in a tea cupful of mint tea, or distilled

mint water, every three hours, or take of compound powder of contrayerva, from fifteen to twenty grains, in a little wine whey, barley water, or balm tea, every six hours. If the patient is costive, an emollient clyster may be given every twelve hours (*see appendix*) or half an ounce of castor oil may be taken, or an infusion of senna, or twenty grains of powder of rhubarb. If the patient hath a purging, take two drams of gum dragon : dissolve in a pint of water : add simple cinnamon water, half an ounce : tincture of opium, twenty drops : take two table spoonfuls every three hours, or the chalk mixture. (*See appendix.*) After the patient is able to leave the room, they should take gentle exercise in the open air, live on nourishing diet, and drink the sweet wood decoction for some time. (*See appendix.*)

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### OF THE PLEURISY.

This disease is caused by an inflammation of the pleura, which is a membrane the ribs are lined with, or from an acrid saline serum, stagnating between the membranes of the intercostal muscles ; in which case, it is a species of the rheumatism, and called spurious. In the true pleurisy, the patient spits a tough phlegm ; in the bastard pleurisy, not at all. Both the diseases may proceed from cold, by obstructed perspiration, wet feet, damp clothes or beds, night air, bathing in cold baths when the body is heated, living on poor, weak, watery or windy aliments, or drinking cold

liquids when in a perspiration, labouring people throwing off their clothes in windy and damp weather, over fatigue, sprains, bruises, violent coughing, drying up of issues, the sudden striking in of eruptions, omitting bleeding in plethoric constitutions. The symptoms are a pain of the side, called a stitch, which is most painful when the patient draws in his breath; sometimes the pain is movable, and at other times fixed; the pulse is quick and full, the breathing laborious, the urine high coloured, the body is often bound, and frequently a fever; the diet must be weak, and the drinks diluting, as broths, green tea, or mint, balm, chamomile, or sage, panado, water gruel, barley water, boiled turnips, decoction of ground ivy; coltsfoot and hysop, may be drank sweetened with honey, and every thing taken warm. If this disease is properly treated, it may be cured by bleeding, blistering, and restoring the perspiration.

#### MEDICINE.

The first assistance that may be expected is from bleeding; twelve ounces of blood may be taken from the arm and repeated. If the blood is covered with a tough whitish coat, is sizey and but little serum, bleeding may be repeated in the space of twenty four hours; if the pain does not abate, the quantity of blood should not exceed six or eight ounces at once. If the patient is languid on the second bleeding, the pulse sinks, and the pain continues, three or four leeches may be applied to the part, or a blistering plaster, or a

new baked loaf broke asunder when hot from the oven, may be spread with treacle on the crumb side, and applied to the part where the pain is, the other half apply to the opposite side of the body, bind on and let it remain twelve hours, which will either take away the pain, or greatly relieve it; the feet should be bathed in warm water, and take the following:

*Mixture.*

Take of pennyroyal water distilled, six ounces: of sweet spirit of nitre, half an ounce: of pectoral sirup, half an ounce: mix and take two table spoonfuls every three hours; this will promote the discharge by urine, and cool the fever, which often attends this disease.

*An Electuary for the same.*

Take honey, two ounces, salt of prunella in powder, half an ounce: oil of sweet almonds, two tea spoonfuls: mix and take the size of a nutmeg every three hours: wash down with a little balm, rosemary, or hysop tea, or with a little wine and water. The following may be taken if the patient is troubled with a looseness.

*Another for a Looseness.*

Take boney, one ounce: conserve of roses, one ounce: the juice of one lemon, or the acid elixir of vitriol, two drams, mix and take a tea spoonful every three hours: wash down with infusion of coltsfoot. If the patient is costive, half an ounce of castor oil may be taken, or the following may be given:

*Clyster.*

Take of dried leaves of mallows, one ounce : dried chamomile, half an ounce : boil in one pint of water and strain ; dissolve in the liquor, two tea spoonfuls of lenitive electuary, or fifteen grains of powder of rhubarb, and throw up milk warm.

*Decoction.*

Take of the root of senega, one ounce : boil in two pints of spring water, for half an hour : strain and take two table spoonfuls, every three hours. If there is much fever, take the following :

*Nitrous Mixture to Cool the Blood.*

Take of spring water, seven ounces : of putrified nitre, two drams : of the champhorated mixture, two drams : of sirup of red poppy : half an ounce : take two table spoonfuls every three hours ; this is proper if there is an obstruction of urine, or ten grains of powder of nitre may be taken every four hours, in a glass of spearmint water, or pennyroyal water, or water alone.

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*OF THE CHOLIC.*

There are several sorts of cholics, as the bilious, the windy, and the nervous, or hysterick ; each proceeds from a different cause, and must be treated separately. The windy cholic may be brought on by drinking sour fermented liquors,

or eating unripe fruits or vegetables, which ferments in the stomach and bowels, and causes crude vapours that produce flatulencies, wet feet or clothes, damp beds, going too thinly clothed, will cause this disease, which needs no describing, as but few persons have escaped its effects. The cure depends on warmth, and taking frequently a wine glassful of distilled peppermint water, a little brandy and water, or gin and water warm, sitting on a wooden stool, made hot by a warm fire, or by bathing the feet in warm water, or by heating a brick and placing the feet on it, or hot flannels, applied over the belly, or by making a fermentation of chamomile flowers and a handful of rosemary, in a quart of water; wring out the flannels and apply warm on the belly. If this treatment does not succeed, take the following:

*Julap for the Cholic.*

Take of elder flower water, and chamomile water distilled, of each three ounces: of oil of peppermint, six drops: of loaf sugar, two drams: mix and take two table spoonfuls every three hours, or the following:

*Mixture for the same.*

Take peppermint water, three ounces, spirit of lavender, two tea spoonfuls: oil of caraway, or oil of cinnamon, twelve drops: tincture of opium, thirty drops: spring water, four ounces: of loaf sugar, sufficient to make the mixture agreeable: take one or two table spoonfuls every three hours. If there is no costiveness, a little powder

of ginger, or ginger tea, may be taken frequently while the fit lasts. If the patient is costive, two table spoonfuls of tincture of senna, may be taken every six or twelve hours (*see appendix*) ; or twenty grains of salt petre may be taken in a glass of mint water, every three hours.

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### OF THE BILIOUS CHOLIC.

This cholic is attended with extreme pain of the bowels, also a vomiting of bile of a bitter and acid taste ; it is often accompanied with a purging, and sometimes costiveness. If the patient is young and of a plethoric habit, it will be proper to take ten or twelve ounces of blood from the arm, and foment the belly with the following :

#### *Fomentation:*

Take of southernwood, sea wormwood, and chamomile flowers, each an ounce : bay leaves, half an ounce : boil in three quarts of spring water gently, for fifteen minutes : strain and foment the belly with the liquor moderately warm, and take the following mixture :

#### *Tincture of Mint.*

Take of distilled peppermint water, one pint : of mint dried, half an ounce : infuse the herb in the liquor, in a close vessel, on a slow fire, the space of four hours : strain and take one table spoonful every three hours. If the pulse is quick with a feverish habit, take the following :

*Mixture.*

Take of angelica water, or spearmint water, four ounces : of kali, two drams : of French brandy, two table spoonfuls : of tincture of opium, twenty drops, or sirup of white poppy, half an ounce : mix and take two table spoonfuls every three hours, in two table spoonfuls of lemon juice ; this is proper when there is a vomiting of bile. In costiveness, give the following :

*Mixture.*

Take spring water, six ounces : powder of rhubarb, two drams : of cream of tartar, two drams : of loaf sugar, two drams : of mint water, a wine glassful : mix and take two table spoonfuls every six hours : or take one or two of the imperial pills, once a day, which will not only cure, but prevent this cholic ever returning.

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**OF THE HYSTERIC CHOLIC.**

This cholic differs from the former, by the pain being more towards the stomach, which is swelled and hard to the touch ; there is a nausea, and often a vomiting of greenish coloured bile, with laborious breathing, pain of the head, dejection of the spirits. Whilst the disease continues, the patient must abstain from all fat and oily aliments, and take the mixture recommended in the biliary cholic ; a wine glassful of decoction of the herb

cardus benedictus, or the blessed thistle, may be drank frequently, or the following :

*Mixture.*

Take of pennyroyal water, six ounces : of tincture of Russia castor, three drams : sirup of red poppy, half an ounce : loaf sugar sufficient : mix and take two table spoonfuls every four hours ; bleeding must be avoided in the hysterick cholic. In costiveness, these laxative pills may be taken : Take of Barbadoes aloes, two drams : of gum asafoetida, two drams : of Castile soap, two drams : make a mass with sirup of peony or sirup of poppy ; make into middling size pills, and take two or three once a day occasionally, or take one or two of the imperial pills once a day.

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*OF THE NERVOUS CHOLIC.*

This disease may proceed from the fumes of minerals, as antimony or arsenic, which is used by jewellers to mix their mettles ; also the manufacturers of lead, mercury, cobult. Painters are much afflicted with this disease, the symptoms are exeruciating pains of the stomach and bowels, which hath ease at intervals, and returns with violence, the complexion turns pale, the body is bound, the stomach and belly is hard, the hands tremble, and the patient hath cold chills ; the diet must be nourishing, as fat broths, tripe boiled, calves feet, jelly, fish, as eels, oysters, stewed or raw ; the drink may be weak rum and water, gin

and water, linseed or marshmallow tea, sweet wort, liquorice root, decoction of ground ivy, sage, woodbetony, rosemary, and take the following :

### *Mixture.*

Take olive oil, one ounce and a half : pennyroyal water, six ounces : sal volatile, two drams and a half : loaf sugar, sufficient to make it palatable : take two table spoonfuls every three hours, or take tincture of castor, two drams : tincture of lavender compound, half an ounce : tincture of valerian, one dram : spirit of æther, one dram : mix and take one tea spoonful every four hours, in a little balm tea, or barley water. By taking a dose of the Balsam of Mecca, every morning fasting, will be of service, as a preventative.

### *The Grand Balsam of Mecca.*

Take one tea spoonful of this efficacious medicine, in a wine glassful of cold water, once or twice a day, which will radically cure the disease, and is a preventative against any future attacks. The body should be kept open with tincture of senna, or pills made of aloes and Castile soap, equal quantities. If these have not the desired effect, a clyster may be given frequently. (*See append.*) To prevent this disease and all other cholics, the feet should often be bathed in warm water, with the herbs chamomile, rue, wormwood, tansy, and featherfew, infused ; the body must be kept open with rhubarb, senna, jalap, &c. ; the body should be kept sufficiently clothed, and

when an attack of the cholic happens, to drink plentifully of warm liquors, and keep hot clothes over the belly, will remove the disease before it arrives to a threatening appearance.

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## OF THE CHOLERA MORBUS.

This disease begins with vomiting and purging, severe griping, pain in the intestines, it is often caused by the bile and acids in the stomach and intestines, which become acrid and putrid; any aliment which creates too much bile, will occasion this disease, as fat meat, rich gravies, fat broths, pork and all oily or greasy food or drinks, causes bilious diseases; also unripe fruit, too strong vomits, extreme passions of the mind, drastic purges. &c. The symptoms are a hard swelled stomach, a throwing up sour bitter phlegm, a burning pain of the stomach and bowels, to which succeeds a vomiting of greenish or yellow coloured phlegm, also violent purging, with constant inclination to go to stool; the excrements are of a saffron or greenish colour, and often streaked with blood, the pulse is low and fluttering, as scarce to be felt, the urine is in small quantities, and pale or whitish. On the first attack of this disease, the patient should take one tea spoonful of magnesia, in a cupful of cold water, every two hours, and drink plenty of mint and balm tea, toast and water, or weak chamomile tea. If this treatment should not succeed, take the following:

*Mixture.*

Take of spearmint water distilled, six ounces: of powder of rhubarb, two drams: of magnesia, two drams: add sirup of white poppies, two drams: mix and take two table spoonfuls every two hours until the vomiting ceases, and drink plenty of mint, balm and sage tea, every half hour; the infusion of cardus benedictus, may be taken to cleanse the stomach, or this powder:—Take powder of crabs eyes prepared, two drams: of magnesia, two drams: of kali, one dram: mix in six ounces of mint water, scordium water, or spring water: sweeten with loaf sugar, or sirup of orange peel: take two table spoonfuls every three hours, or take one or two table spoonfuls of the saline julep in the same quantity of lemon juice, every four hours. (*See putrid fever*).—Powder to stop the purging:—Take of powder of columba root, fifteen or twenty grains, in a tea cupful of brandy and water, or water alone, every three hours. If the disease will not yield to these medicines, and a sinking of the pulse, twitching of the tendons, palpitation of the heart, cold sweats, hiccup, convulsion on the muscles, should succeed, recourse must be had to red port wine, or weak brandy and water, or take the following:

*Mixture.*

Take cordial cinnamon water, two ounces: spearmint water, one ounce: add tincture of opium, twenty drops: take one table spoonful every four hours: or take simple cinnamon water, four

ounces : peppermint water, two ounces : of the testaceous powders, two drams : of sirup of poppy, half an ounce : mix and take two table spoonfuls every three hours, or take of aromatic confection, twenty-five grains : dissolve in a cup of cinnamon, infusion, or mint tea, give every three hours. Care must be taken not to stop the purging too rapidly, as danger may ensue from a swelling of the belly, convulsions and death ; hence, it is most prudent to give diluting drinks alone, or mixed with a little wine. At the beginning of the disease, small doses of ipecacuanha, three or four grains may be mixed in two table spoonfuls of cold water, and take every four hours whilst there is an inclination to vomit ; the common purging clyster may be given to draw off the sharp humours from the bowels : the feet may be bathed in warm water, but if the purging is violent, the starch clyster may be given. The regimen should be the same as directed in the bilious cholic. After the disease is over, the patient may take a cup of weak chamomile tea, or a decoction of quassia wood ; one dram may be boiled in a pint of water, fifteen minutes : pour off clear ; the dose one tea cupful, in which may be mixed, one tea spoonful of the powder of peruvian bark, or half a dram of the tincture, twice a day.

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### OF A LOOSENESS.

A purging is often caused by cold, from wet

feet, damp beds, wet clothes, or any thing that obstructs the perspiration, also from unwholsome food or drinks, from female obstructions, teething in infants, also before the measles, or from worms, or sharp tartarous matter in the stomach and bowels. When it proceeds from cold, the patient should bath the feet in warm water with wormwood, or chamomile in it, and put on warmer clothes, and take a little weak brandy and water, or wine whey, or a glass of warm punch, every four hours, or twenty grains of powder of rhubarb, and three grains of prepared kali, may be taken in two table spoonfuls of cold water, every twelve hours, or a dose of tincture of rhubarb or senna (*see appendix*). If there is danger of an inflammation of the bowels, the countenance looks florid, with a hard pulse, some blood may be let from the arm. In female obstructions, some blood may be taken from the foot. If the disease proceeds from excess of drinking ardent spirits, sweet wines, or strong ales, bleeding may be repeated if necessary, and a purge or two to carry off the excess. After purging the patient may take one tea spoonful of the acid elixir of vitriol, in three table spoonfuls of cold water, or tincture of red roses, one table spoonful every four or six hours, until it hath the desired effect, and drink a little chamomile tea occasionally. Infants may have small doses of rhubarb and magnesia, or the sirup of rhubarb, or a little manna, in any liquids the nurse thinks proper, if the disease proceeds from worms (*see worm powders in the appendix*). If

the disease is caused by violent irritation of the mind, take the following :

*Mixture.*

Take of pennyroyal water, six ounces : of aromatic confection, one dram : of sirup of white poppies, half an ounce : or tincture of opium, fifteen drops : mix and take one table spoonful, every two hours. If a looseness proceeds from a translation of the morbific matter of the gout, a tea spoonful of the volatile tincture of guaiacum, may be put into a pint of wine whey, and a tea cupful taken every three hours, or a tea spoonful of sal volatile, may be taken in a little cold water, once or twice a day ; a flannel waistcoat may be worn next the skin ; the feet may be bathed frequently in warm water, and a tea spoonful of spirit of hartshorn may be rubbed on the soles of the feet at bed time.

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*OF THE BLOODY FLUX.*

The dysentery is often an epidemic disease, and prevails most in hot climates after rainy seasons, also on ship-board, in jails, hospitals and barracks, all places where damp confined and unwholesome air abounds. It often procceds from cold wet feet or clothing, unwholesome diet, as eating too much unripe fruit, as mellons, eucumbers, &c. from drinking sour fermented liquors, or too much new rum, the use of bad water, bread made of unsound corn, also from the scurvy. The

symptoms are extreme pain of the bowels, with a constant purging, a quick pulse, great debility, continual fever, much thirst, a nausea, and sometimes vomiting, the stools are in a fermented and putrid state, and are mixed with blood; the foetid smell of the stools, will often communicate the disease by infection. The patient hath intervals of ease between the fits. The worst symptoms of this disease are hycups, being a forerunner of inflammation, and mortification of the stomach and intestines.

*Regimen.*—The diet must be light and simple, as panado, chicken broth, turnips, boiled tripe, eggs poached, light puddings, rice milk, tarts, bread jelly, &c. The drink may be milk and water, or lime water, mixed with milk (*see appendix*) ; all fermented and malt liquors must be avoided. If the patient is low, brandy and water may be taken often.

#### MEDICINE.

Take of the tincture of red rose leaves, (*see appendix*) six ounces : tincture of cardamom, half an ounce : of vitriolated magnesia, or Epsom salts, an onnce : mix and take two table spoonfuls every four hours, or take the following :

#### Decoction.

Take of scordium or germander of speedwell, or Paul's betony, each a handful : boil in three pints of water fifteen minutes : strain and sweeten with loaf sugar : dose, one tea cupful every four hours. In sickness, from four to eight grains of ipecacuanha, may be taken in two table spoonfuls

of cold water every six hours; weak chamomile tea may be drank between the doses; two or three doses of the ipecacuanha will be sufficient. After the sickness is stopped, twenty grains of powder of rhubarb may be taken in a little cold water, or the following:

*Laxative Mixture.*

Take rhubarb in powder, one dram: manna, one ounce; gum arabic, one dram: dissolve in a pint of water over a fire; add tincture of opium, thirty drops; dose, two table spoonfuls every four hours. The patient may take the following:

*Bread Jelly, with Wine.*

Take the under crust of two or three small wheaten loaves, baked hard: cut the crumb out and boil the crust in six pints of spring water, until it wastes to two pints; when it is near boiled, add of cloves, one dram: strain and put to it one pint of red port wine: sweeten with loaf sugar, and take a tea cupful three or four times a day, or take the following:

*Electuary for the same.*

Take conserve of red roses, one ounce and a half: spermaceti in powder, two drams: yellow bees wax, three drams: oil of sweet almonds, half an ounce: of sirup of white poppy, half an ounce: make into an electuary by beating in a mortar: take one tea spoonful every three hours. If the pain continues, and the stools are more frequent, give the following:

*Clyster.*

Take starch, one dram and a half: dissolve in

six ounces of boiling water, and add two drams of Venice treacle: mix and throw up milk warm, every twenty-four hours; this, by its opiate quality, renders the intestines insensible of the action of these acrid pungent particles, which corrode their delicate texture, whilst the gluey quality of the starch, furnishes a sort of plaster to the delated mouths of the vessels, and soon closes their orifices; or use this simple remedy:—Take half a pint of tanner's ouse water, and give gently warm for a clyster, or this powder may be taken to stop the purging:—Take one dram of compound powder of crabs claws, in two table spoonfuls of cold water, once or twice a day, or take of catechu or japan earth, one dram and a half: dissolve in six ounces of spring water, barley water, or rose-water; sweeten with loaf sugar, and take two table spoonfuls every four or six hours. By taking a few doses of the Imperial Pills spring and autumn, will prevent this fatal disease.

#### *A Powder to ease Pain and cause Perspiration.*

Take of the compound powder of ipecacuanha, (see appendix) fifteen grains, in half a pint of wine whey: repeat every third day: this is proper to be taken when there is much fever. If the purging continues, the patient may drink this astringent decoction:—Take chamomile flowers, half an ounce: of black berry leaves, a handful: of oak bark, half an ounce: boil in four pints of water: add a lemon sliced with the rind: sweeten with loaf sugar: take a wine glassful frequently. If the disease becomes putrid, which may be known

by the offensive smell of the stools, which are black or greenish, and mixed with corrupted blood, take the following decoction :

*Peruvian Bark Decoction.*

Take of peruvian bark in powder, one ounce : of spring water, one pint : boil for ten minutes in a close vessel and strain : take two table spoonfuls with twenty drops of the acid elixir of vitriol, added to each dose, every three hours, or the sirup of lemons may be used, if preferred to the elixir, or one table spoonful of the acid tincture of red roses. After the disease is cured, the patient should take gentle exercise in the open air, go into the country, live on milk diet, and drink plenty of butter milk, whey, &c.

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*OF BLOODY URINE.*

When hemorrhages of blood are discharged by the urethra, it proceeds either from the kidneys, or bladder; if from the kidneys, it is voided without pain, and is more florid in colour, and in greater quantities ; if from the bladder, it is voided by littles, and with excruciating pain, which effects the groins and the belly, under the arch of the ospubis, which is the seat of the bladder ; if it is caused by a stone, sand, or tartarous matter in the ureters, there is a pain in the back and loins, with a difficulty of passing the urine ; if bloody urine is mixed with thick morbid matter, there is an ulcer in some of the organs, which it passes

through from the kidney. The causes of this disease are various ; it often proceeds from over-much exercise, by running, riding on horseback, or in an uneasy carriage, from bruises, blows, lifting heavy loads, violent coughing, from ulcers in the kidneys, ureters, or bladder, from gravel or stone, from a dissolved state of the blood, from taking sharp stimulating medicines, as the tincture of cantharis, from drastic purges, staying too long in a warm bath ; also from the scrofula, scurvy, venereal disease, the stoppage of the bleeding piles in men, and the menstrual discharges in females. If it proceeds from the gravel or stone, the patient must take the medicine as recommended on that subject. If from ulcers, the Imperial Pills will effectually perform the cure. If from a plethora, may be known by a full hard pulse, oppression of the lungs, a florid countenance, slight cough, &c. the patient must be let blood ; ten or twelve ounces may be let from the arm and repeated if necessary, and take the following :

*Mixture.*

Take rose water, six ounces : powder of rhubarb, two drams : of purified nitre, one dram and a half : of sirup of marshmallows, half an ounce : take two table spoonfuls, every three hours. If the disease proceeds from gravel and tartarous matter, take the following decoction :

*Emollient Decoction.*

Take the leaves of marshmallows, or the wild mallows, four handfuls : boil in three quarts of

spring water to two quarts : strain off the liquor without pressing the herb : add to the liquor, two handfuls of fresh mallow leaves, and boil again over a slow fire, until it comes to three pints : add two ounces of liquorice root sliced : of raisins, one ounce : of gum arabic, half an ounce : of salt prunella, one ounce : simmer all together over a slow fire, for half an hour and strain : two table spoonfuls may be taken every three hours. This is an excellent remedy.

*Another for the same, but more Styptic.*

Take of the leaves of uva ursi, or bears whortleberry, two drams : boil gently for fifteen minutes in one pint of water : strain and take two table spoonfuls every three hours, or fifteen grains of the powder of the leaves may be taken every four hours, in a tea cupful of barley water. If from a strain, take catechu, two drams : oil of cinnamon, four drops : make into twenty pills, with mucilage of gum arabic, by beating in a mortar ; dose, four twice a day, or take of the herb and roots of the stinging nettle, any quantity : stamp in a mortar and press out the juice : sweeten with loaf sugar ; dose, two table spoonfuls every four or six hours. If the disease is from a strangury, thirty drops of sweet spirit of nitre may be taken in marshmallow tea, or ten grains of salt petre may be taken in a wine glass of cold water, two or three times a day. After the violence of the disease is over, one tea spoonful of the Balsam of Mecca may be taken in a wine glass of cold water, three times a

day, which will restore and strengthen the weak parts and complete the cure.

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### *SPITTING OF BLOOD.*

The spitting of blood proceeds from many causes, as ulcers in the lungs, from consumptions, old coughs, stoppage of usual evacuations, as the menses, piles, obstructed perspiration, bursting of blood vessels, drinking of spirituous liquors, over charge of blood in the lungs, stopping too long in a warm bath, over exertion of the voice, from cancers, schirrus, pleurisy, scurvy, king's evil, violent passions of the mind, strong vomits, bruises from blows, falls, &c. The symptoms are a hoarsness, a short cough, alternate flushes of heat and chills, pain of the breast, with oppression of the stomach and debility of the whole frame, the spittle is at first tinged with blood of a bright scarlet colour, afterwards the patient feels a nausea and inclination to vomit, and often a great discharge of blood follows, which much weakens the patient. The diet should be light, cooling and emollient, as panado, water gruel, soft broths with barley in, milk, butter-milk, toast and water, the infusion of sorrel, tormental, nettles, apple tea, stewed prunes, wine made of sloes, also lemonade and all kinds of acids.

### *MEDICINE.*

If the disease proceeds from ulcers in the lungs, the patient may take medicines as directed under

consumptions. If from the pleurisy, leeches may be applied on the part affected, some blood may be let from the arm, and medicines taken as directed in that disease. If from the stoppage of the menses, the feet may be bathed in warm water, and some blood be let from the foot with such medicines as are recommended on that subject. If from the rupture of a blood vessel, the patient may be frequently bled ; the quantity of four or five ounces is sufficient at one time, and may be repeated according to the strength of the patient, and urgency of the symptoms. The patient must be kept composed, and in a room without a fire ; should take all the diet and drinks cold and keep in an erect posture ; may take a glass of red port wine, or mixed with water, two or three times a day ; butter-milk may be drank in any quantity, and take the following :

### *Electuary.*

Take conserve of red roses, one ounce : powder of nitre prepared, half an ounce : of sirup of corn poppy, half an ounce : mix and take one tea spoonful every four hours, and wash down with an infusion of the herb tormental, or take of catechu, two drams : dissolve in six ounces of rose water, barley water, or spring water, and take two table spoonfuls every three hours. If the patient is costive take the following :

### *Mixture.*

Take of rose water, six ounces : of nitre, two drams : of powder of rhubarb, two drams :

two drams : of sirup of poppy, or balsamic sirup, one dram : mix and take two table spoonfuls every three hours, or twenty grains of powder of rhubarb may be taken in cold water, or infusion of senna, or a tea spoonful of magnesia. If one tea spoonful of the grand Balsam of Mecca is taken in a wine glass of red rose tea, or cold water, twice or three times a day, it will cure the disease, before any of the former medicines.

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### VOMITING OF BLOOD.

Vomiting of blood may proceed from the same causes as the former disease ; it is always attended with danger. If it proceeds from too strong vomits the patient should take a little red port wine mixed with cold water often, or thirty drops of the acid elixir of vitriol in a glass of cold water, every four hours ; or a tea spoonful of conserve of red roses dissolved in a little milk, every three hours ; if there is reason to suppose the blood is descended into the intestines the emollient clyster may be given (*see Appendix*) and one dram of the tincture of catechu, may be taken every four hours in a glass of cold water ; or this

#### Astringent Draught.

Take of simple cinnamon water, one ounce : acid elixir of vitriol, one tea spoonful : mix and take every six hours. The patient must lay in bed with the head low and cloths wet in vinegar

may be applied to the stomach whilst there is danger.

*A Decoction for the same.*

Take nettle roots and tormentil, each a handful: boil in one pint and a half of water, in boiling; add of armenian bole, two drams: vinegar, half a pint: pour off clear and sweeten with loaf sugar, dose two table spoonfuls every three hours; or take red port wine, half a pint: dissolve in it one dram of the muscilage of gum dragon dissolved in water, take a wine glassful every four hours. After the symptoms abate a gentle purge may be taken to carry off the remaining blood which may be lodged in the bowels or the abdomen, and cause putrid fevers, the bloody flux, &c.

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**BLEEDING AT THE NOSE.**

This hemorrhage may be occasioned by an overcharge of blood, or from falls, blows, passions of the mind, an epilepsy, apoplexy, gout, fevers, the stoppage of the menses in females, from fear, over fatigue, standing on damp ground in the heat of the sun, or any cause that increases the circulation too much to the head; the bleeding ought not to be stopt except the patient faints and appears sinking from the loss of blood, as the discharge is often the effort of nature to carry off some disease; if the patient is of a full sanguine habit and labours under no disease, but hath frequent discharges of blood from the nose, it will be

necessary to be let blood from the arm, and use this

### *Fomentation.*

Take white wine vinegar, half a pint, dissolve in it over a fire salt petre, half an ounce: add of camphorated spirit of wine, half an ounce: wet a cloth in the liquor and lay it over the stomach and breast: or take the herb archangel, beat up with vinegar and lay on the nape of the neck: or take nettles, shepherd's purse, and yarrow, of each a handful: bruise and strain out the juice, to which add one table spoonful of vinegar, dip in it a little lint and put up the nostrils, bathe the forehead and temples with the same: or a piece of tarry rope pounded with nettles may be applied to the part, or the furr of rabbits or hares skins dipped in vinegar or verjuice will have a good effect: but the most efficacious remedy is by using the grand balsam of mecca, a little lint may be wet in it and put up the nostrils, which will speedily stop the blood: if the patient is feverish take this

### *Mixture.*

Take of spring water, six ounces: of purified nitre, one dram and a half: of sirup of poppy, two drams: mix and take two table spoonfuls every two hours. If the discharge continues, the patient's legs and feet may be bathed in warm water, or the soles of the feet may be rubbed with a little spirit of hartshorn: cloths may be dipped in cold vinegar or cold water, and laid over the stomach and the back of the neck, the hands may be wrap-

ped in warm cloths, and a bandage of tape may be tied round the ankles and wrists until the blood stops, afterwards they may be loosed by degrees : if a bleeding of the nose happens where no assistance is at hand, frequent draughts of cold water or vinegar and water may be taken : persons liable to this disease should not wear tight bandages round the neck or head, and must keep the body open with gentle doses of physic.

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### BURSTING OF BLOOD VESSELS EXTERNALLY.

Many persons have lost their lives by the rupture of blood vessels when no immediate assistance could be obtained ; the causes often originate from sores and ulcers in the legs or other parts of the body ; pregnant women have often an enlargement of the veins of the legs or thighs, which may burst and cause immediate death ; women under such cases should be let blood during their pregnancy, and roll the legs with bandages of flannel or linen, or wear the laced stockings ; they should not suffer themselves to be long constive, but take during pregnancy some of the female pills, (*see appendix*) or any other mild purgatives ; when the sudden rupture of a blood vessel happens the patient or those about him, should immediately apply tight bandages round the part below where the rupture happens, as the circulation always returns upwards towards the heart, by the veins, and from the heart by the arteries ; the ruptured part

should be pressed hard with any substance that is solid, as a piece of silver or lead, these must be bound tight on the wound until assistance can be had; the part should be kept constantly wet with cold vinegar, lotion made of sugar of lead, or the extract of saturn, called goulard water; the patient should be laid on the back with the ruptured part the highest, and take frequent draughts of vinegar and water, or cold water; or the mixture as recommended on bleeding at the nose. It is of the greatest importance for every practitioner of medicine, midwife, or nurse, who live remote from towns, to have turnequets by them, (which may be had from the truss makers) to assist every person under their knowledge in such accidents.

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### OF THE PILES.

The piles are of two different kinds, the bleeding piles may proceed from a sedentary life, to persons of a corpulent habit, from costiveness, strong drastic purges made of aloes, pil cochiæ, ex duobus, &c. also from a plethoric or hot bilious constitution, and the neglect of bleeding at the accustomed time, annually; also from great exertion of the passions, drinking too much wine or brandy. This disease is more troublesome than dangerous, those persons who are afflicted with the piles wish for a cure; caution must be used in stopping any usual evacuation, except the patient's life is in danger, as this disease is often the effect of nature to expel some offending matter by that form; if

they come through costiveness, the patient may take laxative medicines of a cooling nature; if through a natural tendency of the humours by a plethora, bleeding will remove it; if from weakness and relaxation of the rectum, leeches may be applied on the piles, and repeated if necessary; the diet must be nourishing and emollient, as broths, boiled tripe, oysters, fruit pies or puddings, jellies of all sorts, veal, beef tea, barley water, water gruel, butter milk, whey, milk with leeks boiled in it, or leek broth made with oatmeal, the infusion of marshmallows, ground ivy, sorrel, and apple tea, and take the following:

### *Electuary for the Piles.*

Take of linitive electuary, four ounces; of flower of brimstone, two ounces; of cream of tartar, one ounce; mix with syrup of poppy, half an ounce: make into a smooth electuary, take the size of a nutmeg every three hours; the ingredients may be mixed with honey or treacle if preferred. Pregnant women may drink cream of tartar tea, or senna and prunes stewed, during that state, which will prevent this troublesome disease.

### *Ointment for the Piles.*

Take ointment of populinum, one ounce: white ointment, one ounce: cork burnt to a blackness and powdered fine, one dram and a half: of sugar of lead, one dram: of oil of roses, one dram: oil of amber, one dram and a half: makes altogether into an ointment and anoint the piles once or twice a day; if the piles are infernal, an emollient clyster

may be given, (*see appendix*) or take yarrow a handful, bruise and strain out the juice, and anoint the part once or twice a day : if the piles are much swelled and inflamed, the herb may be bruised and applied warm to the part by way of poultice, and moistened with French brandy; or a little of the anodyne ointment may be rubbed on the part ; or take apples, any quantity, boil in as much water as will cover them, when boiled soft beat them into a pulp, and apply it to the part warm, spread on a linen cloth.

### *Imperial Pills.*

Take one or two of the imperial pills once a day, which will radically cure the piles, either bleeding or blind ; these pills were never known to fail in the worst of cases after every other means had been used without effect.

### *A liquid Juice.*

Take of the herb pile wort or fig wort, a few handfuls: bruise, strain, and take of the juice, two table spoonfuls every six hours; sweeten with loaf sugar, or mix with a glass of white wine. The herb bruised may be made into a cataplasm, and applied externally on the part occasionally : matter will often form in the piles and is exceedingly painful, patients who choose, may have them opened by a lancet, but to apply leeches will be more safe and as efficacious. The bleeding piles should not be stopped except the hemorrhage greatly weakens the patient, which may be relieved by taking the balsam of mecca, dose one tea spoonful in a wine glass of cold water twice a day.

*Poultice for the Piles.*

Take a leek, boil it in spring water or milk, and make a poultice, apply it to the piles warm, during the disease the patient may drink cream of tartar tea for their common drink.

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*OF A DIABETES.*

This disease seldom attacks young persons, but those in the decline of life, who have been hard drinkers, or have followed laborious employments, or have had their constitutions injured by long courses of mercury; often fevers and fluxes may relax the parts and cause too great a discharge of urine; the diabetes is different from the incontinency of urine; this disease is a greater discharge of urine than the drinks ought to produce, the urine is thin and clear, and smells like violets; the patient hath a slow fever with thirst, a wasting of the flesh, great debility, the legs swell, and an atrophy ensues. The diet should be strengthening, as the flesh of young animals, milk pottage, puddings, eggs, custards, rice boiled, calves' feet or the jelly; the drink may be the decoction of marshmallows, wood betony, ground ivy, sorrel, sage, germander, or red port wine and water, or twenty drops of acid elixir of vitriol may be taken every four hours, in two table spoonfuls of cold water: if the patient is costive, fifteen or twenty grains of rhubarb may be taken once a day occasionally; or this

*Draught.*

Take of rose water, an ounce: of testaceous

powders, ten grains : of vitriolated zinc prepared, one or two grains : mix and take at night, going to bed, or take one tea spoonful of the balsam of Mecca, in a glass of cold water, twice a day, which will seldom fail to cure the disease.

*Or this Electuary.*

Take conserve of roses, two ounces ; peruvian bark in powder, half an ounce : of japan earth in powder, two drams : make smooth with sirup of poppy : dose, one tea spoonful twice a day.

*A Laxative infusion in the Diabetes.*

Take senna, one ounce : rind of fresh lemon peel, one ounce : lemon juice, one ounce : boiling water, one pint : infuse the ingredients in the water two hours, strain off, and take two table spoonfuls every four hours until it operates ; this may be taken occasionally : or take linitive electuary, one ounce : sirup of Damask roses, one ounce : mix and take one tea spoonful every four hours.

*For incontinency of Urine.*

This disease is owing to relaxation, hence astringent and strengthening medicines will greatly assist the patient ; also nourishing diet, and to avoid spirituous liquors, particularly Geneva : this decoction may be taken :

*Strengthening Decoction.*

Take oak bark, one ounce : boil in two pints of spring water, with the herb tormentil, a handful : strain and take one table spoonful every four hours, a little wine may be added ; or take two table

spoonfuls of the tincture of red roses sweetened with loaf sugar, every six hours.

*Another for the same.*

Take lime water and milk, each half a pint: mix and take four table spoonfuls every six hours: or one ounce of comfrey root, may be boiled in a pint of milk, add in the boiling half a dram of gum dragon; dose, two table spoonfuls two or three times a day: or isinglass boiled in milk, or alum whey, is proper, but the best remedy is the balsam of Mecca, dose as in the former disease.

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## OF SUPPRESSION OF URINE.

A stoppage of urine may proceed from costiveness, an inflammation of the bladder, kidnies, or ureters, from the gravel, stone, colds, drinking of brandy, or red wine, from excrescences in the urinary passages, also from the venereal disease, the use of astringent injections of white vitriol, sugar of lead, and is often an attendant on inflammatory fevers, also in pregnancy; if the patient is of a plethoric habit, ten or twelve ounces of blood may be let from the arm: in costiveness take this

*Electuary.*

Take of linitive electuary, two ounces: of powder of jalap, one dram: of kali, one dram: of sirup of marshmallows, half an ounce, or simple sirup: take one tea spoonful every six hours: or take half an ounce of castor oil in a little Geneva,

or give a laxative clyster: if there is much heat and pain in passing the urine, a dose of Glauber's or Epsom salts may be taken; if this hath not the desired effect, make a fomentation of chamomile flowers, marshmallows, and rosemary, of each a handful, boil in four pints of water fifteen minutes, flannels may be wrung out of the hot liquor and applied over the lower part of the belly, and take one tea spoonful of sweet spirit of nitre in a cupful of marshmallows, or pilatory of the wall tea, every six hours: or take castile soap, two drams: dissolve in a cup of marshmallow tea: add ten grains of purified nitre: dose, two table spoonfuls three or four times a day: if the cause is from gravel or tartarous matter in the ureters or kidnies, take two leeks, boil them in a pint of milk, a tea cupful may be taken two or three times a day. The diet must be light, as weak broths with barley in, panado, water gruel with a little gin added: the drink should be diuretic, as whey, butter milk, decoction of sarsaparilla, &c,

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## OF THE GRAVEL AND STONE.

The gravel proceeds from a tartarous mucus lodged in the kidnies, ureters, or bladder, that by adhering to the coats of the vessels produces sand, which in time hardens to a crust or substance, called stone. The symptoms of the gravel are pain of the back and loins, an obstruction of urine, or passing it with difficulty, pain in the limbs, flatulence, dropsy, bloody urine, or with a reddish

sediment at the bottom, which generally brings some small particles away with it, and may be found at the bottom of the vessel which contains the urine. Persons who labour under this disease should observe a proper diet, as broth with leeks, onions, parsley, and barley boiled in it, salads of charvil, lettuce, parsley, endive, dandelion, and asparagus boiled, horseradish, garden radishes, raw onions, purslane may be eaten; also the flesh of young animals, fowls boiled, fish, &c. the drink may be gin and water, whey, butter milk, or sarsaparilla decoction with a dram of Castile soap dissolved in half a pint of the decoction, once a day. Symptoms of the stone are obstruction of the urine with extreme pain in passing it, heaviness and numbness of the groin, pains of the uretha on taking exercise, the urine is sometimes mixed with blood or purulent matter; the patient must avoid taking wines, brandy, and all malt liquors, also smoke dried meats, spices, acids, and astringent aliments, and take the following medicine.

*Mrs. Stephens's Medicine for the Stone.*

Calcine any quantity of egg shells in a crucible, eight or ten hours over a strong fire, then expose them to dry air for six weeks until the greatest part falls into a subtile powder, which must be separated from the grosser parts by a fine sieve, then put it into a glass phial corked close from the air; the dose of this powder is from forty to fifty grains, twice or three times a day, which may be increased to one dram three times a day, according to the strength of the patient and the violence

of the disease, one tea cupful of the following decoction may be drank after each dose. Mrs. Stephens sold this prescription for ten thousand pounds.

*Decoction to be taken with the above.*

Take alicant soap, two ounces, slice the soap and put into a quart of spring or rain water, boil it until it wastes to one pint and a half, sweeten with honey: dose, a tea cupful after the powders; (caution, take care not to use a copper or brass vessel to boil it in as it will extract the verdigrease, which is a deadly poison that cannot easily be corrected, but use iron, earthen, or tin vessels, which are safe).

*Simple Decoction for the Gravel.*

Take four leeks, boil in a quart of lime water or milk, add in the boiling, two drams of Castile soap sliced, simmer over a slow fire until the soap is dissolved, then add shells of garden snails, burnt and powdered, two drams: take two table spoonfuls twice a day: or this powder, take of the powder of uva ursi, or bear's wortleberry, from fifteen to thirty grains, every four or six hours, in a tea cupful of marshmallow or balm tea: if the patient voids bloody urine with a whitish mucus intermixed, the cause is from ulcers in the kidnies or bladder, for which, take the following.

*Powder.*

Take of the root pareira brava or American convolvulus, twelve grains: in a cup of sarsaparilla or linseed decoction, once or twice a day; in slight

cases the imperial pills will perform a cure and heal ulcers in those parts.

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## OF THE RHEUMATISM.

This disease proceeds from obstructed perspiration, from heats and chills, wet clothes, damp houses, beds, linen, and wet feet; also from mercury lying in the habit, or the striking in of any eruption; when the disease proceeds from cold, nothing can tend more to remove it than by promoting the perspiration, which may be done by the warm bath, of which Buxton Wells are the best; but those who cannot afford to go there, may make one themselves by filling a tub full of warm water and let the patient stand in it as long as he can bear it, and afterwards be put to bed between the blankets, and take one tea spoonful of spirit of hartshorn in half a pint of wine whey, every hour until a plentiful sweat comes on; I have known people cured of the rheumatism by standing in warm grains when the liquor is just drawn off, and being put to bed, as directed in the palsy, and repeated several times. The diet must be cooling and consist of vegetables, fruit, broths, soups, &c. mustard and horseradish may be eaten in great quantities with most of the food; a table spoonful of white mustard seed may be taken whole, in a draught of warm ale, once a day; or an infusion made of horseradish root, two ounces: mustard bruised, two ounces: chamomile flowers, one ounce: guaiacum chips, one ounce: juniper berries, one ounce:

infuse them in three quarts of boiling water twelve hours, strain and drink half a pint once or twice a day, and take these

### *Pills.*

Take of extract of guaiacum, one ounce : soften with a little sweet oil, mix with it flour of brimstone, four drams : tincture of opium, twenty drops : form into forty pills by beating the ingredients in a mortar ; take three or four twice a day, and keep warm : or take of the volatile tincture of guaiacum, one tea spoonful once or twice a day, in a cupful of cold water or barley water ; if the disease is confined to the joints use this

### *Fomentation.*

Take white bryony root, one ounce : slice it and boil in a pint of strong beef brine for an hour, bathe the part with it once a day, and keep warm flannel over it.

### *Sudorific Powder.*

Take of the compound powder of ipecacuanha, —(see appendix)—five grains : every night in half a pint of warm wine whey or barley water, at bed time : or two table spoonfuls of spirit of mindererus, every four hours, in barley water or balm or rosemary tea : these are proper to be taken in the hot rheumatism. For the cold rheumatism, take of rock brimstone in its crude state, one ounce : powder it fine, mix in two ounces of treacle, honey, or any syrup : dose, one tea spoonful night and morning, wash down with mint, balm, or rosemary tea.

*Purging Whey.*

Take fresh Damask rose buds picked, one ounce: put into a quart of new whey, let them infuse twelve hours, strain and drink half a pint fasting in the morning: or take of the herb mountain flax, one handful, boil in a pint of water twenty minutes, sweeten with sugar, and take two table spoonfuls twice a day: or take one tea spoonful of cream of tartar in one cupful of buckbean decoction, once a day. The intention of the above are for costive habits, a flannel waiscoat should be worn next the skin for some time and left off as soon as the pain abates, or may be continued to be worn if the patient thinks proper. If the disease proceeds from the scurvy, king's evil, or the venereal disease, the imperial pills will radically cure it, dose, from one to two or three a day, according to the strength of the patient or the violence of the disease, and drink after each dose half a pint of the decoction of woods, (*see appendix.*) Electricity may be used in all contractions of the joints during the course of the pills, and use the following:

*Liniment.*

Take olive oil, one ounce: spirit of hartshorn, one ounce: add of tincture of opium, thirty drops: shake together and anoint the part where the pain is most violent with a tea spoonful every night, and keep warm with flannel: or oil of St. John's wort may be mixed with an equal quantity of spirit of hartshorn, and use as the former. Issues or setons are salutary where the disease affects females

after the turn of life, they may be made in the leg or arm, or a seton between the shoulders, the patient should take exercise by walking, riding, or labouring employment.

*Note.*—The most extraordinary cure I ever met with during my practice, was a young man who was so afflicted with the rheumatism and scurvy, that he nearly lost the use of his limbs and was reduced to a mere skeleton; he had the advice of several eminent physicians and surgeons, but found no relief. He applied to me and walked on crutches with a man to assist him, I put him under a course of the imperial pills and the anodyne ointment, which he continued taking for eight months, and during that time he gradually mended until he laid aside his crutches and walked to my house once a week: by the use of the pills he was radically cured, and became an healthy stout man, and remains so to this day. Many hundreds in the same disease have been cured when complicated with other diseases, and had all other means used in vain, until they took these invaluable pills.

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## OF THE GOUT.

The gout is a disease proceeding from a calcareous and morbific matter in the habit, which nature cannot throw off by the pores but sends down to the extremities, where the humor endeavours to make way through the mucilaginous glands of the joints, but being too gross clogs up the passages, and occasions those racking pains which render the

patient's life miserable during the fit ; and the misfortune is, no medicine hath yet been discovered to perform a perfect cure, all that can be done is to weaken the force of the disease by degrees which may be done so as to render the patient's life easy and comfortable. This disease proceeds from different causes, as over much drinking and too little exercise, from heats and chills, obstructed perspiration after long courses of mercury, eating too much acid, &c. The relief depends as much upon the manner of diet, drink, and exercise, as medicine ; therefore those who have brought it on from high living must not change their usual regimen at once, but gradually, and begin after the fit is over to drink less wine or spirits, diminishing the quantity daily : also from eating rich sauces and gravies, abstaining from meat which creates bad juices, such as pork, salt beef, hares, venison, wild fowls, &c. The most proper treatment in the fit, is to promote the perspiration, which may be done by taking a tea spoonful of spirit of hartshorn in half a pint of wine whey, every night going to bed, the part must be kept warm with wool or flannel ; many use repellants to drive back the offending matter, which is of the most dangerous consequence as it may fall upon the most noble parts, as the stomach or brain, and in such treatment the remedy proves worse than the disease, and numbers have lost their lives by it The symptoms are great debility, pain of the head and limbs, cold shivering fits and alternate flushes of heat, with a slight cough, the stomach is oppressed with wind, the urine in small quantities, at length the

patient is attacked with darting pains in the feet or toes, the part swells and is inflamed, between the fits the patient hath intervals of ease. This malady continues five or six weeks together, the diet during the fit, may be broths; with all kinds of pot herbs, also light puddings, the flesh of young animals, fowls boiled, fish, &c. The drink may be whey, brandy and water, rum and water, milk and water, if the fever runs high, toast and water mixed with wine whey or the infusion of chamomile flowers, rosemary, costmary, flowers of the lilly of the valley, pennyroyal, balm, sage, buckbean or the sweet wood decoction (*see appendix.*)

#### MEDICINE.

##### *Emulsion for the Gout.*

Take pennyroyal water distilled, six ounces: sallad oil, one ounce and a half: of kali, two drams: mix and add sirup of orange peels, poppy, or loaf sugar, enough to make it pleasant: dose, two table spoonfuls every four hours: if there is no fever take the following:

##### *Mixture..*

Take spearmint water, four ounces: spring water, two ounces: of oil of sweet almonds, one ounce and a half: of spirit of hartshorn or sal volatile, two drams and a half: of pectoral sirup or loaf sugar, sufficient: take two table spoonfuls every four hours. If the patient is costive, twenty grains of powder of rhubarb and one tea spoonful of magnesia alba with ten grains of kali, may be made into

a draught in two ounces of water, and taken occasionally, or infusion of senna; if the stomach abounds with acids, a table spoonful of magnesia may be taken in cold water occasionally: if the disease affects the stomach or brain, this powder may be taken; take the powder of the leaves of the herb comfrey from half a dram to a dram, in pennyroyal water, weak chamomile infusion, or wine whey, morning and night.

### *Turner's Gout Powder.*

Take turpeth hermodactle, senna, scammony, dwarf elder, seeds of each equal parts, powder fine and mix: take from fifteen to thirty grains in any liquid; this is a smart purge and will often cleanse the joints from lodgements of humors which in time occasions a fit. When the gout falls into the hands or feet, and the part swells with abundance of humor, apply leeches or blisters, also bathe the parts in warm water or decoction of chamomile flowers, guaiacum chips, and a little spirit of hartshorn added: boil the herbs, a handful of each, in a quart of water half an hour, and foment the part with the warm liquid.

### *Gout in the Stomach.*

Take of the volatile tincture of guaiacum, one tea spoonful, in a cup of weak mint or pennyroyal tea once a day: or drink a glass of good French brandy or old rum, two or three times a day: bathe the feet in warm water. If it will not move by this treatment, take twenty drops of tincture of opium in a cup of guaiacum tea twice a day; and to raise

a sweat, take ten grains of compound powder of ipecacuhana in half a pint of warm wine whey, every four hours, the dose may be repeated two or three times in the course of the fit, the patient must lay in bed to encourage a perspiration ; if by these means the morbid matter will not disperse from the stomach, use electricity, and let the stroke be applied to the stomach, which will seldom fail to remove it. After the disease moves to the extremities, this fomentation may be used : take chamomile flowers, one ounce : leaves of dwarf elder, a handful : boil them in two pints of water, strain and add half an ounce of camphorated spirits of wine ; bathe the part with the warm liquor, afterwards apply the flowers in a flannel over the part all night ; new flannels should be worn over the legs and feet during the fit. The imperial pills are a most sovereign remedy for the gout in all its different stages ; these pills give immediate relief, by rarifying the morbid humor, allaying its ferment, and forces through the pores of the skin the offending matter by perspiration ; the dose of the imperial pills, in robust constitutions, is from two to three a day ; in weak persons one or two a day ; which by a due perseverance, will, by the help of God, radically cure the gout. Those who can afford to go to the hot baths in Somersetshire or Buxton in Derbyshire, will find great relief in all gouty or rheumatic complaints.

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OF THE SCURVY.

This disease is often hereditary, and is now be-

come so prevalent, that but few English people are free from its effects, owing to the great use of animal food, particularly that which is salted and eaten but few vegetables with it; also the water in different parts of England creates the scurvy and other cutaneous diseases, by bringing along with it astringent saline particles from the different veins in the earth, which abounds with salt rock, alum, &c. (soft water is most conducive to health.) *Symptoms.* The scurvy breaks out in blotches, biles, and eruptions on the surface of the skin, which prevails most in spring and autumn, and is attended with troublesome itching, also pimpled faces, sore eyes, dimness of sight, falling off of the hair, offensiveness of the breath, decay of the teeth, which come out in pieces, wasting of the gums, which bleed on the slightest touch, ulcerous sore throats, shortness of breath, consumptions, hectic fevers, internal ulcers of the lungs, bowels, kidnies, bladder, and womb, sore legs, fistuled piles, bloody flux, swelling of the legs, difficulty in walking, pains of the limbs, dropsy, tettering, &c. Those who are subject to this disease, should chiefly live on a milk and vegetable diet, which proves more efficacious than medicine, fruit may be eaten in any quantity, acids also prove of eminent service.

### *The Vegetable Sirup.*

Take sweet wort without hops, four quarts: sarsaparilla, four ounces: seeds of the ducus silvestris or wild carrot, two ounces: of the water dock root, three ounces: of liquorice root sliced, one ounce: of sasafras chips, two ounces: of lig-

num vitæ, one ounce : of scabious, a handful : boil altogether gently for two hours, then strain, afterwards, add four pounds of good thick treacle, boil up again and take the scum off clean, when cold bottle for use but not cork it for two days, as it may burst the bottle ; dose, a tea cupful twice a day for three weeks ; this will cure the most obstinate scurvy, which is not hereditary, and that by taking the above spring and fall will keep the disease from ever appearing. If an electuary is preferred, take linitive electuary, two ounces : Æthiop's mineral, one ounce : simple sirup, sufficient to make it smooth : dose, one tea spoonful once a day ; those who choose, may take Æthiop's mineral, from ten to twenty grains, in honey, treacle, conserve of roses, or milk : during the course of the above, take the following :

### *Decoction.*

Take of the inner bark of an elm tree, four ounces : boil in three pints of water until it wastes to two pints, add to it, flower of brimstone, half an ounce : dose, half a pint once a day ; this may be continued some time, or the patient may take the following most efficacious medicine.

### *The Imperial Pills.*

Take one or two of the imperial pills once a day, and wash down with half a pint of sarsaparilla decoction (see appendix) will effectually cure the land and sea scurvy root and branch. If the above decoction cannot be had, the following may be used after the pills : take nettles, a handful :

cliver, a handful : water dock roots sliced; two ounces : ground ivy and garden scurvy grass, each a handful: boil in two quarts of water for half an hour : drink half a pint once or twice a day : or the compound lime water may be taken with advantage (*see appendix.*)

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## OF THE SCROFULA, OR KING'S EVIL

The king's evil often proceeds from the parents, and will frequently affect but one or two children in a family, while the others are free from it: other persons who have the disease from an hereditary taint, or have emaciated their constitutions in their youth by a continual round of debauchery, ought not to marry whilst they labour under this disease, as the unfortunate offspring often suffers from its effects. It begins with hard knots under the chin and ears and about the neck, which in time breaks out into ulcers and discharge a thin sharp matter; white swellings of the joints, leprosy on the surface of the skin, are a species of the king's evil. The cure of this disease consists as much in the regimen as medicine, the patient must have nourishing food, which makes good juices, such as mutton, veal, fowls, calves' feet boiled, eggs, tripe, puddings, custards, with all kinds of milk diet, fish of all kinds, &c. The drink may be mild ale, small beer, a little wine and water, milk, whey, or butter milk where the former cannot be afforded, and take the following medicines.

*Electuary for the Scrofula.*

Take conserve of roses, three ounces : Æthiop's mineral, seven drams : cinnabar of antimony, seven drams : earth worms, prepared and powdered, two drams : salt of amber, one dram : tartar of vitriol and cream of tartar, each one dram and a half : powder of arum roots, two drams : powder of steel, prepared with sulphur, three drams : sirup of marshmallows, enough to make a smooth electuary : dose, one tea spoonful twice a day. If the tumours which appear about the neck are anointed with the anodyne ointment, it will dissolve them ; or equal parts of oil and spirit of hartshorn mixed together, and rub the tumours with a little, once or twice a day ; the part must be kept warm, and a hemlock poultice applied to the part, will be good in obstinate cases ; if the tumours should break, use a bath made of sea water to cleanse the wounds, and afterwards apply a plaster of the anodyne ointment, if the wounds are hollow and the bone carious, use this :

*Decoction.*

Take chamomile flowers, a handful : boil in a pint of water, fifteen minutes, strain and add tincture of myrrh, one ounce : inject with a syringe into the wound, once a day, and take one or two of the imperial pills once a day, wash down with the decoction of elm bark as directed in the scurvy, by which means I have cured many patients who had scrofulous ulcers all over their bodies. In white swelling of the joints, if there is no run-

ning sores, electricity may be applied to the part every third or fifth day, and may be anointed with the anodyne ointment or a plaster of white burgundy pitch spread upon leather, may be laid over the part and continued whilst there is any pain. This powder may be taken with advantage, take of crude antimony, finely levigated and passed through a lawn sieve, one ounce: powder of nitre, half an ounce: powder of native cinnabar, two drams: dose, from ten to twenty grains, twice a day, in any sirup: but the imperial pills exceed every medicine in curing the king's evil.

In costive habits the patient may drink every day, half a pint of sea water, if it should purge too much, take at night, the size of a nutmeg, of dia-codium; those who can afford to go to bathe in the salt water, and take proper exercise and diet, may expect great advantage if accompanied by the imperial pills, which hath cured many thousands of persons.

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## OF CANCERS AND SCHIRRUS.

A cancer is caused by a melancholy thick corrupt blood, which may proceed from hurts by falls, bruises, pressure, or the stoppage of usual evacuations, as the terms, bleeding piles, or from a deficiency of the milt, venereal disease, scurvy, &c.

*Symptoms.*—At first a tumour appears, perhaps as small as a wart, which gradually increases, until it becomes extremely painful, with burning, knawing, and shooting, especially in the night;

at length it breaks out into a large unequal ulcer, with a foetid smell scarce to be endured, voiding a thin virulent matter, in colour, like the dregs of red wine, it appears to look on soft, but in touching is hard, hollow, and cavernous. The cure depends on the regimen as much as medicine; nothing should be eaten which makes bad juices, such as salted or smoke dried meats, as pork, venison, hares, water fowls, bacon, cheese, mustard, onions, garlic, horse raddish, &c. This disease should be taken at the first appearance, when it begins to give darting pains, as though needles were piercing the part; the patient may be assured it is a cancer, and should set about a cure before the juices are all tainted, as when that is the case, if one is cured others will break out in different parts until the body is one mass of corrupt humours and ulcers. If the tumour can be conveniently come at the speediest method is to cut or burn it out by a lunar caustic: first applying leeches on the veins which appear to be full of thick corrupt blood, afterwards apply the caustic; letting it remain as long as the patient can bear it; when it is took off apply a little dry lint dipped in sweet oil, repeat until the root as well as the tumour is destroyed, as the smallest branch of it left will cause a return of the disease.

### *Alterative Drops.*

Take of muriated quicksilver, ten grains: dissolve in an ounce of spirit of wine or sweet spirit of nitre: add of tincture of spanish flies, sixty drops: dose, from fifteen to twenty drops in a tea

cupful of milk and water, once or twice a day, a little spirit of lavender may be dropped in to give it colour : in weak constitutions these pills may be taken :

### *Hemlock Pills.*

Take extract of hemlock, one ounce : powder of the dried leaves, two drams : mix to a proper thickness and form into one hundred and twenty pills : take one at night, which may be encreased gradually to three or four ; if they should cause a giddiness of the head and stupor, they must be omitted : and take the following excellent medicine.

### *Imperial Pills.*

Take from one to two or three once a day, dividing the dose, one pill may be taken in the morning and one or two at night, drink after half a pint of the sweet wood decoction( see appendix.) By these means I have cured several patients of cancers which were not ulcerated. The tumours may be rubbed with the anodyne ointment and quicksilver ointment mixed together, equal parts, the size of a small nutmeg, may be used once a day : if the cancer is broke into an ulcerous sore, use this :

### *Decoction.*

Take celandine red sage and woodbine leaves, of each a handful : cut them small and simmer in one quart of white wine or lime water, over a slow fire for half an hour, strain and add of borax and camphorated spirit of wine, each an ounce : wet a piece of linen in the liquor and lay over the tumour or

ulcer, for the space of twelve hours, and repeat : or take garden carrots, scrape them fine and lay over the part by way of poultice, and may be continued if the patient finds any relief ; an issue may be set in the neighbouring parts to draw off the humour ; if the cancer is hollow use this :

*Decoction.*

Take of hemlock, a handful : chamomile flowers, half an ounce : boil in a quart of water, strain and add of muriated quicksilver, one dram : inject a little of the liquor into the wound with a syringe once a day, and apply the poultice or the ointment afterwards. The diet may be broth, milk pottage, fowls boiled, puddings, custards, tripe, calves' feet, coffee, chocolate, cocoa, sago, panado, also the flesh of young animals, with vegetables : half a pint or a pint of sweet wort may be drank once a day, where the sweet wood decoction cannot be had. If the patient is of a sanguine habit, ten or twelve ounces of blood may be let from the arm. If one of the above medicines fail another may be tried ; but the imperial pills will be found the most efficacious remedy to perform a cure.

A schirrus, this is a hard tumour proceeding from the same cause as a cancer but is longer in coming to maturity and without pain : some times it will be ten or fifteen years in growing to a threatening appearance, it is mostly situated in the ligaments, tendons, muscles, liver, milt, kidneys, or womb, which causes the difference of the schirrus and cancer, the cancer being mostly in the soft and glandular parts, as the mouth, nose, eyes, breast,

groin, &c. The medicine and treatment is similar to the former, only the schirrus may be dispersed by electricity, and rubbing with the volatile liniment, letting blood near the part, and using a proper diet, which should be light and nourishing, avoiding spirits, rich wines, sauces, spices, &c. As much exercise as can be taken in a carriage or otherwise will be of service in both the diseases.

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## OF ULCERS, &c.

Ulcers often happen in the legs or other parts of the body, after the turn of life in women, and from the scurvy or king's evil in both sexes, also from hurts, as falls, blows, stoppage of any evacuation, after long courses of mercury, which may remain lodged in the part until it can force its way by an ulcerous sore; the venereal disease left lurking in the habit may cause ulcers. Let the complaint arise from any of the above causes, the patient is the best judge, and should strike at the root of it by taking medicine and diet as will cleanse the humours and eradicate the cause. The diet should be chiefly milk, eating but little animal food, and avoid wines, spirits, malt liquor, rich gravies and sauces, salted meat, all kinds of spices, &c. The drinks may be whey, butter milk, sweet wort, decoction of sarsaparilla, sassafras, liquorice root, or tea made of ground ivy, clivers, or Paul's betony, and take the following.

### *Imperial Pills.*

One or two may be taken once a day, and drink

after half a pint of decoction of elm bark or sarsaparilla. By which means I have cured some hundreds of patients of the most inveterate ulcers. Persons who labour under this disease should not make free with poultices, as I have seen the baneful effects, by many person suffering amputation of their limbs from carious bones caused by poultices being kept on too long.

*An Electuary for the same.*

Take conserve of roses or honey, two ounces : of Æthiop's mineral, one ounce : of powder of nitre, half an ounce : make into a smooth electuary, dose, the size of a nutmeg once or twice a day ; the body should be kept open with gentle purges of rhubarb, senna, or the following: take Glauber's or Epsom salts, one ounce: boil in a quart of water, take half a pint once a day occasionally, (this is the same as the Cheltenham water) ; if the ulcer discharges much matter or is filled with fungus flesh, which may be known by its bleeding on the slightest touch, take of muriated quicksilver, two drams : dissolve in two pints of lime water (*see appendix*) boil a few minutes until it turns of a yellow colour, bathe the sore with a little, once or twice a day, afterwards make a plaster of the anodyne ointment or turner's cerate, or any salve ; the fungus flesh may be touched with a little oxymel of verdigréase, blue stone, or precipitate of mercury, or a little Roach allum, or loaf sugar. A simple ulcer may be washed with the following :

*Decoction.*

Take sage a handful : chamomile flowers, half

an ounce: boil gently in two pints of water for half an hour, strain and add honey, two ounces: white vitriol, two drams: simmer gently over the fire, and bathe the sore once a day, or use the following:

*Lotion.*

Take Goulard's extract of saturn, half an ounce: put into a pint of cold water: add two ounces of French brandy, shake it up well, and bathe the sore once or twice a day, wet a linen cloth in the same, and apply over the sore until it is dry, this is designed to cool the inflammation and dry up the sore. If there is carious bones at the bottom of the ulcer, a little tincture of myrrh may be mixed with chamomile decoction, and the wound washed with it twice a day, a little may be injected with a syringe into the wound frequently. If ulcers proceed from the venereal disease, must be treated as on that subject. If from the turn of life in women, an issue may be set in the leg or arm before the wound is dried up and continue sometime.

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## OF ABSCESSSES: OR IMPOSTHUMES.

This disease proceeds from too much choler or phlegmin habits which abound with gross humours and living high; when it happens externally it is improper to repel the humour, but give medicine to correct it, which may be cool purges of salts, jalap, mountain flax infusion, or the sweet wood decoction, or vegetable sirup may be taken

in any quantity : some blood may be let from the arm, and a poultice applied to the part made of powder of linseed, two ounces, boil in half a pint of milk, and lay on the part warm, or a common poultice made of wheaten bread and milk with a little hog's lard added. Imposthumes often happen after fevers, which carry off the disease when ripe, they may be opened with a lancet and dressed with basilicon or any other plaster which draws and heals : to correct the habit, one or two of the imperial pills may be taken once or twice a day, and continue until the abscess is cured.

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## OF THE ITCH.

This disease is caught by infection ; the symptoms are a number of small pustles appear on the hands and between the fingers, which are filled with clear water, scabs also break out on the legs and feet, attended with intolerable itching, which may be easily cured by paying a strict attention to cleanliness and taking the following medicine.

### *Electuary.*

Take treacle or honey, six ounces : flour of sulphur, two ounces : cream of tartar, one ounce : mix and take two tea spoonfuls once a day : this must be continued until the eruption is brought out and the infection destroyed. Those who cannot take treacle or honey, may mix it with milk or linitive electuary, and use the following :

## *Ointment.*

Take of crude brimstone powdered, four ounces: of crude sal ammoniac finely powdered, two drams: mix into an ointment with three ounces of hog's lard, a little essence of lemon may be added to take off the smell: the quantity of a nutmeg may be rubbed on the hands, arms, legs, and feet, every night before a warm fire, which must be continued until the eruptions fall off, and no fresh ones appear: or take hog's lard, four ounces: sulphur of vivum, called black brimstone, two ounces: mix and anoint the inside of the hands and about the ancles, with the size of a hazle nut, every night before a good fire, continue until the eruptions fall off: or take powder of ~~mercurie~~, ~~half an ounce~~: mix in two ounces of cream, and anoint the arms and legs with a little every night: or mix one ounce of the powder in two ounces of hog's lard, and use as the former. The above medicines seldom fail to cure this loathsome disease, the linen should be well washed, boiled, and exposed to the open air after the cure, as I have known it return from the linen for want of cleanliness. Many people use mercury in this disease, but I have seen dreadful consequences ensue; therefore druggists ought not to sell such ingredients as are dangerous to people who do not know how to prepare them; I have known three people lose their lives by using the muriated quicksilver and making a strong solution of it to wash the whole body with; therefore I give a caution to persons under this disease to avoid meddling with such dangerous caustic poisons when the disease may be cured without it.

## TO DESTROY VERMIN.

The cause of vermin is from gross humours which nature cannot digest, but sends to the pores of the skin, and there it remains until it taketh life. Children are more subject to lice than older persons by reason of the humidity being greater in them and often from neglect of cleanliness both of apparel and the skin. Children should be combed and washed every day, which would prevent such diseases, as many have from sore and scabby heads, and is very difficult to cure by people of skill; and yet the ignorant apply many dangerous things, the most improper I know, is the mercurial ointment, which is often rubbed on the part in quantities at the hazard of the patient's life or senses: nothing can be more dangerous to the brain than mercury. The best remedy that can be used is the powder of the herb stavesacre, a little being strewed on the scabs will destroy the lice under it: or a weak decoction may be made of it in water and the parts washed with it while warm; or the following: take of tar, two ounces: mutton suet prepared, two ounces: melt together and rub on the scabs a small quantity every day until they fall off: or take laurel oil, two ounces: sweet oil, two ounces: pepper and saffron in powder, each twenty grains: make a liniment and anoint the head once a day: or take fresh butter, four ounces: black pepper, two drams: mix into a liniment with small beer: add a little brandy and anoint the head with it once a day: If the scabs do not fall off by these means, the disease may be deemed a scald head,

which is sometimes hereditary, and difficult to cure. But when it proceeds from vermin, cleanliness and care must be used to eradicate it; the hair should be cut off, and the head washed with soap suds and a little brandy mixed, and treated as directed on destroying vermin: or take a handful of glover's shreads: dock roots with the pith taken out, four ounces: boil them in one pint of ale until they become an ointment, anoint the head with a little twice a day: or take fresh butter, four ounces: white wine, four ounces: purple fox glove, half an ounce: boil until it becomes thick and anoint the head once or twice a day, with the quantity of a nutmeg: or use the anodyne ointment as the former.

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## OF THE VENEREAL DISEASE.

This disease is caught by infection, and is certainly a punishment for unlawful embraces, and is often conveyed to the innocent, such as children, from their parents; nurses from infants and infants from nurses; midwives from patients, &c. some unfortunate married women whose husbands through imprudence bring diseases on their offspring, that continues through several generations. Happy had it been for thousands if this dreadful disease had never been known, as numbers of fine constitutions are daily ruined through its effects, together with improper medicines; the worst that is now in use is the corrosive sublimate which is mostly given as an alterative, but never performs

a thorough cure, and hurts the constitution.

The symptoms of this disease are a heat and suppression of urine, redness of the eyes, to which succeeds a discharge of sharp matter from the genitals, which continues increasing, and at length hath a foetid smell ; the discharge is of a yellow or greenish colour, and by degrees increases to that violence that a swelling of the part ensues and produces ulcers, warts, abscesses, and a train of other Symptoms which would be endless to describe ; the patient is tortured with intolerable burning-shooting pains, particularly after passing the urine. As soon as the patient finds the above symptoms they should not delay a moment from taking the means for a cure. This disease fixes its seat in the part it is contracted, midwives may be affected with it by delivering women in child-birth, hence it is confined to the hands, fingers, &c. wet nurses may contract it on the nipples of the breast by suckling infants who unfortunately labour under its baneful effects ; likewise infants may be infected with it from the breast milk of nurses or from food given them out of the mouth of diseased nurses or others. Many unfortunately perish from the disease being in the mouth and throat of those innocents who cannot tell their complaint. The regimen should be milk diet, also tea, water gruel, panado, light puddings, sago, weak broths, &c. The drink may be whey, barley water, milk and water, toast and water, small beer, or an infusion of soap wort, speedwell, scabious, balm, sarsaparilla, liquorice root, or decoction of bur dock roots, and avoid taking fruits and acids of all kinds, also

wines, spirituous liquors, ale, porter, cyder, perry, punch, &c.; also salted and smoke dried meats, gravies, sauces, pickles, mustard, pepper, ginger, nutmeg, mace, horseraddish, onions, garlic, water cresses, &c.

#### MEDICINE.

On the first appearance of the disease the patient may have ten or twelve ounces of blood let from the arm, and take one ounce of Glauber's salts, afterwards take the following:

#### *Pills for the first stage.*

Take calomel, one dram: mix well with three drams of conserve of roses, and form into sixty pills with liquorice powder or wheat flour: dose, two every night or morning, which may be increased gradually to three or four a day. If there is a stoppage of urine, take marshmallows, either herb or root, two or three ounces: linseed, half an ounce: boil in a quart of water and strain: take one tea cupful twice a day, with half a tea spoonful of sweet spirit of nitre in each dose: or from ten to fifteen grains of powder of nitre in a little water gruel or barley water, will have the same effect: or take sal prunella in powder, one ounce: divide into twelve doses, take one every day, in a cupful of marshmallow tea, or barley water, or water alone: continue until the heat and pain goes off: or take gum arabic, one ounce: dissolve in one pint of water: a cupful may be taken once or twice a day. In costiveness four drams of cream of tartar may be added, and one table spoonful

may be taken twice or three times a day. These cooling medicines should be taken at the first beginning of the disease, before any of the mercurials, as they abate the inflammation and prepare the habit to receive the mercury, which must complete the cure, as seldom the slightest infection will yield without it; purges are also necessary on the first appearance of the disease. Those who cannot take salts may take this:

*Electuary.*

Take linitive electuary, two ounces: cream of tartar, one ounce: jalap in powder, two drams: sal prunella in powder two drams: mix with simple sirup: dose, one or two tea spoonfuls, morning and night ~~occasionally.~~ uretha, womb, or virginia, use this:

*Injection.*

Take marshmallow roots and linseed, each half an ounce: boil them in a pint of soft water for half an hour, strain and use for an injection twice a day with a syringe.

*Another for the same.*

Take Venice turpentine, two drams: mix with a sufficient quantity of yolks of eggs, incorporate with an ounce of linseed oil, by degrees mix it with barley water, a pint, and inject twice a day: this may be taken inwardly with advantage, a tea cupful once or twice a day; these are designed to cleanse and heal the ulcers internally. If there should be any ulcers externally, take a little blue

stone vitriol, wet it in water and slightly touch the ulcer or chancre once a day : or touch with a caustic, or sprinkle a little calomel on the part, first cleanse off the matter by washing with milk and water, or water alone. I now recommend a never failing remedy, if duly persisted in.

### *Imperial Pills.*

'Take from two to four pills a day : in robust constitutions the dose may be increased to three pills in the morning and three at night, and drink half a pint of the decoction of sarsaparilla (*see appendix.*) A course of these excellent pills continued for six or eight weeks and using a proper diet, will radically cure this disease in every stage, according to the ~~number of weeks~~, the pills may be continued until the symptoms disappear. And it would be prudent to take them for a few weeks after the disease is eradicated, as the least taint left remaining in the habit is sure to make its appearance again in some form or other ; I have known the disease lurk in the habit for several years, and break out into cancers, fistulas, ulcers, nodes on the bones, eruptions on the skin, blindness, deafness, madness, consumptions, gleets, and a train of other diseases too tedious to describe. If abscesses happen in the groins they may be anointed with a little mercurial ointment, quantity, the size of a pea, every night ; or a little volatile liniment : if the matter will not disperse it may be brought to a suppuration by a poultice made of wheat bread, milk, and a little sweet oil, if it will not break easy, add to the poultice, a

white lily root bruised: after the matter is discharged, the wound must be kept clean with milk and water: or this:

*Decoction.*

Take scabious and Solomon's seal, of each, a handful: boil in two pints of water, strain and cleanse the wound with the liquor, and apply the herbs to the part by way of poultice, afterwards dress with basilicon or cerate. If the glands should remain hard and void of matter, make a poultice of hemlock, a handful: deadly nightshade, a handful: boil in a pint of water gently, foment the part with the liquor, afterwards apply the herbs, repeat for some time. If there happens a swelling of the genitals, the patient may be bled in the arm, or leeches may be applied to the inflamed part, afterwards take a handful of green rue, bruise and lay over the part affected: or take marshmallows and chamomile, each a handful: make a decoction in two pints of water with one poppy head added in the boiling: pour the liquor off and foment the part, afterwards apply the herbs as a poultice: or make a poultice of oatmeal and vinegar with a little sweet oil added. A truss or bandage may be worn by males until the swelling and inflammation abates: warts and chancres may be destroyed by touching the warts with blue stone, vitriol, or a caustic: the other by washing them with this:

*Solution.*

Take lime water or spring water, two ounces:  
R. 3.

of muriated quicksilver, forty grains: mix and wash the chancres or ulcers with a little once a day. If the disease is far advanced, and the whole mass of humours is contaminated, it is in a confirmed state, which often occurs from neglect or being improperly treated by unskilful practitioners: hence nothing will be so effectual a cure when the disease is got into the habit as salivation, which carries off the poison and the mercury together through the saliva glands in the mouth, by spitting: salivation may be raised by internal or external application of any kind of mercury except the muriated quicksilver, or when cathartics are joined, which makes all mercuries into evacuants to run off by stool, therefore no purgatives must be taken where this course is designed, except the medicine acts too forcibly, and brings on the spitting too soon, with rage and pain of the teeth and gums, swelling of the tongue and mouth; then a dose of salts, jalap, or rhubarb, may be taken every second or third day until the symptoms abate, afterwards begin with the mercury again and keep up a gradual discharge by the mouth until the disease is cured, which may be known by the pains abating and the discharge slowly disappearing: but to depend on safety the course ought to be continued a few weeks after all the symptoms vanish, and to drink quantities of the decoction of the woods as directed before. Nothing is more necessary than a sparing and innocent diet during the course of mercury, strictly avoiding salt or salted meat, pepper, ginger, mustard, onions, rich sauces, gravies, acids, fruits, &c. also spirituous and

malt liquors, wine, punch, and the like. A milk diet is the best to be used through the disease: the drink may be small beer, water gruel, barley water, weak broths, whey, India tea with plenty of milk in it, &c. Any of the former medicines, except the imperial pills, began in small doses and gradually increased will salivate: or these:

*Pills.*

Take of purified quicksilver, two drams: conserve of roses, three drams: liquorice finely powdered, one dram: rub the quicksilver with the conserve until the globules disappear, then add the liquorice powder, and mix them together: form into one hundred and twenty pills: dose, from two to three or four morning and night: this is designed to raise a salivation. Those who conveniently can, ought to keep in a warm room, lay in bed as much as possible in order to keep warm, as cold is a great enemy both to the disease and the medicine. The only external application to salivate is the mercurial ointment, which may be had at any druggist, and should be of the stronger kind: the quantity may be the size of a nutmeg at once, and may be rubbed on the inside of the shin bones of the legs, inside of the thighs, and inside of the arms, before a warm fire, every other night; a flannel garment must be worn next the skin, also worsted stockings, and to beware of cold or damp linen and wet floors: the patient must pursue this method until a spitting comes on which may be kept up by drinking plenty of water gruel or barley water, and eating but little solid

food: if a purging with bloody stools should happen, take of the extract of logwood, six or eight grains, dissolve in half a tea cupful of water, and take once a day: or make logwood decoction by boiling an ounce of the chips in a pint of water, and take two table spoonfuls every four hours until the purging stops. In costiveness clisters are more safe if the patient is weak; robust constitutions may take this:

*Electuary.*

Take of linitive electuary, three ounces: powder of jalap or rhubarb, four drams: sirup of Damask roses, enough to make it smooth: dose, the size of a nutmeg once or twice a day: or this:

*Decoction.*

Take marshmallow roots, one ounce: senna, four drams: boil in a pint of water, strain, and take two table spoonfuls once or twice a day. Those who can take salts may dissolve an ounce with an ounce of manna, in half a pint of warm water, and take occasionally. If the mouth is ulcerated, a dram of borax may be dissolved in eight ounces of rose water, and the mouth and tongue may be cleansed with the gargle once or twice a day with a small sponge or linen cloth. If a delirium should happen, blisters may be applied behind the ears or on the back, or inside of the thighs, and kept open until the delirium goes off. If there are ulcers in different parts of the body they may be washed with a solution of muriated quicksilver, twenty grains may be dissolved in half a pint of

lime or common water, and the ulcers washed with it once a day, also the genitals if ulcerated may be washed with the same.

#### OF GLEETS.

This disease through improper treatment or a relaxed habit, often ends in a gleet, or continual discharge of mucus like the flour albus in females; it may also proceed from ulcers in the uretha in men or vigenia in women: if it proceeds from relaxation, it only discharges at times and gives a yellow colour to the linen, therefore it is necessary to take strengthening medicines, such as the peruvian bark and acid elixir of vitriol, or comfrey root boiled with addition of a dram of gum olibanum to a pint of water: two or three table spoonfuls may be taken twice a day. Or take oak bark, an ounce: tormentil a handful: boil in three pints of water, pour off clear, and drink a tea cupful twice a day: or drink half a pint of lime water mixed with milk once a day. If the discharge proceeds from ulcers, it will be continual, with a bloody or green tinge on the linen, and pain in passing the urine, take the following.

#### Pills.

Take Venice turpentine, half an ounce: calomel, four drams: mix with wheat flour, and form into one hundred pills: take one or two every night. If a cancer or schirrus should happen in the womb, make a decoction of hemlock, a handful: boil in a pint of water, and inject frequently with a womb syringe made of ivory, to

complete the cure through every stage of this disease a decoction of sarsaparilla should be drank plentifully for some time after the symptoms disappear.

*A preventative against Venereal infection.*

If any midwife, nurse, &c. have reason to suppose they have received the venereal poison, the part should be bathed immediately with this solution : take white vitriol, ten grains : gum arabic, two drams : of distilled chamomile water, four ounces: mix together, ~~simmer over a slow fire until the ingredients are dissolved,~~ wash the part several times; or a little mercurial ointment may be used, or a solution of muriated quicksilver as directed for ulcers : where the above cannot be had, good vinegar or brandy may be used until the former can be obtained, internally a syringe may be used. But to avoid this dreadful disease, let all those who pursue the paths of lewdness and vice consider that this punishment does not appease for the guilt of crimes which cannot be hidden from the all-seeing eye of God ; and those who have gone that way should go no more. Married men should consider the consequences which may ensue of ruining the healths of not only wives but unborn infants. Those who labour under this disease should never communicate it to others as it hinders the cure, and is something so diabolically ungenerous that it merits a punishment not to be described : it may probably be given to others before it is discovered ; but those who frequent prostitution can expect no other, as the old proverb

is : The pitcher never goes often to the well but gets broken at last.

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## DISEASES OF THE HEAD.

The head ach may be caused by over much heat or cold, wet feet, hard drinking, the scurvy, suppression of the menses or other evacuations, also from any of the depressing passions, as grief, fear, melancholy, inflammation of the brain, fevers, bile on the stomach, and many diseases too tedious to write. If it proceeds from heat, cooling medicines must be applied, as vinegar or juice of lemon may be bathed on the part. If it is attended with a nausea and load on the stomach, a vomit may be taken, or a purge: blisters behind the ears or between the shoulders will be of service, the feet may be bathed in warm water with half an ounce of spirit of hartshorn put in, if the patient is full of blood some may be taken from the arm. If the pain is caused by a stoppage of the nose, spirit of hartshorn or spirit of æther may be snuffed up the nostrils, or white helbore made into powder and a little taken in the manner of snuff, or the herb arsrabaca powdered and used the same way. No spirits or acrid things should be taken during the fit, but a light diet and emollient cooling drinks. If the disease proceeds from a feverish habit, the patient may take the saline julep or nitrous mixture (see fevers.) Persons who are liable to the head ach may use the following.

*Errhine.*

Take of arsarabacca, sweet marjoram, syrian  
herb, mastich, lavender, of each, dried, one ounce  
by weight: powder them together: a pinch of  
which may be taken occasionally. If there is a  
heaviness over the forehead from stagnation of  
the mucus usually discharged from the head, a  
pinch of the powder of white helebore root may be  
taken often; the drink may be balm tea, whey, but-  
termilk, toast and water: if the patient is low, a  
glass of birch, elder, or raisin wine, may be taken.  
If the disease proceeds from a translation of gouty  
matter to the head, the feet may be bathed in warm  
water, and leeches applied on the temples or  
neck, or cupping on the neck; smart purges may  
be taken, issues or setons are proper. If the pain  
proceeds from the scurvy, king's evil, or venereal  
disease, one or two of the imperial pills may be  
taken once a day; if the patient is restless, fifteen  
drops of tincture of opium may be taken in cold  
water, or ten grains of confection of opium may  
be formed into ten pills, and from one to three taken  
at bed time.

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**OF THE TOOTH ACH.**

This disease is more painful than dangerous; sometimes it proceeds from a decayed hollow tooth, vapours of the stomach or the translation of a gouty matter to the part, or a fluxation of moist rheum which cannot pass through the obstructed

glands and vessels ; this is frequently called an ague or rheumatism of the head as it often happens on one side of the face, teeth, and gums : many persons in this case fly to surgeons and dentists to have the carious tooth extracted, and afterwards find the pain more violent, by reason of the cold getting into the part from whence it is pulled out. Some ignorantly will have several teeth drawn to no purpose. If the cause is from the stomach, a gentle vomit will be of service, or a cooling purge may be taken in the morning, and at night fifteen drops of tincture of opium may be taken in a cupful of cold water or any liquid : those whose can smoke tobacco will find ease, or make a tent of linen and wet in the volatile tincture of guaiacum, and put in the hollow tooth, or keep a little pillatory of Spain in the mouth, or yellow water fleur-de-luce or a bit of sal prunella, or salt petre, all these will draw out the watery humours by spitting. A little crude opium kept in the tooth will give immediate ease, or a tent dipped in Barbadoes or common tar ; many caustic remedies may be used, but they are dangerous, viz. the oil of vitriol, aqua fortis, &c. If the face swells, a blister may be applied, or leeches, or a fomentation of chamomile flowers, rosemary, and feverfew, boil in a pint of water, and foment the part often. If the disease proceeds from the ague, the peruvian bark will cure it, electricity will sometimes give relief in spasms and obstruction of the glands, which causes the above pain ; those who choose to rub the external part with the balsam of mecca or dip a little lint in it and put into

the tooth, will find immediate ease let the pain proceed from whatsoever cause.

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## OF THE EAR ACH AND DEAFNESS.

This disease may proceed from the same cause as the tooth ach, or from insects getting inside the ears, or ulcers, imposthumes, dryness of the wax, &c. If it is caused from spasms or rheum, use the same as directed in the former, or a blister behind the ear; leeches may be applied to the temporal arteries, a fomentation may be made of chamomile flowers and cinnamon, and the external parts bathed before a fire, it should also be kept warm with flannel. If it is from insects, drop in the ear a few drops of sweet oil and they will either die or come out. If from hardness of the wax, melt a little mutton suet and dip a piece of cotton wool in it and put it in the ear. If in deafness, drop a few drops of the juice of an onion in every night for a week together, or roast a head of garlic, dip in oil, and put it in the ear and let it remain sometime. If from imposthumes or ulcers, a little warm milk and sweet oil may be dropped in the ear twice a day, or the juice of mint dropped in the ear, or a decoction of linseed and chamomile flowers made strong and strained: six or seven drops may be dropped in, once a day: if matter should run out of the ear and continue, an issue may be set in the arm, or a seton between the shoulders, and take the imperial pills. If the deafness proceed from cold, take of rosemary water, eight ounces

Hungary water, half an ounce : honey, an ounce : mix and drop into the ears half a tea spoonful every night : or take oil of bitter almonds, one dram : oil of rosemary, marjoram, and amber, each one drop : mix and drop into the ears from three to five drops every night. No syringes should be used as they injure the membrane of the tympanum which if broken, renders the disease incurable.

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## PAIN OF THE STOMACH.

This disease may proceed from the acrimony of the bile, or saline humours irritating the nerves of the stomach, also from wind, the cramp, or an influx of the morbid matter of the gout, worms, stoppage of the menses, the lodgement of crude quicksilver after rubbing which cannot go off by the saliva glands by spitting, the use of spirituous liquors, acids called the heartburn, the juice of tobacco swallowed by those who chew it, a leaning posture, eating too high seasoned food, drying up of ulcers or issues. If the disease proceeds from any of the above causes, the patients themselves can judge and may take medicines as directed under those several diseases. If it proceeds from the heartburn, repeated doses of magnesia in a little cold water will relieve it. If from spasms take the following :

### *Mixture.*

Take of water, six ounces : tincture of lavender, half an ounce : tincture of opium, one dram :

of spirit of æther, half an ounce: mix and keep close corked, as the æther will quickly exhale when exposed to the air: the dose may be one table spoonful when the pain comes on, and repeat every three hours whilst it continues: if this hath not the desired effect, a blister may be applied on the stomach. If it proceeds from wind, from ten to twenty grains of nitre and fifteen grains of rhubarb may be taken in a little distilled mint water occasionally. If the disease is attended with sickness and oppression, take fifteen drops of tincture of opium in a little water or chamomile tea; if the patient is bilious the saline julep may be taken. The cramp in the stomach seizes the patient suddenly, its symptoms are great pain with violent sickness and vomiting, which goes off for a short space and returns with violence, and if neglected, often terminates in death.—The patient should have ten or twelve ounces of blood let from the arm, a fomentation may be made of chamomile flowers, half an ounce: may be boiled in a pint and a half of water: strain and add one poppy head in the boiling, and two drams of camphorated spirit of wine; flannels may be wrung out of the liquor hot and applied to the stomach. If the patient is costive the carminative clyster may be given: if the disease will not yield to this treatment, a blister may be applied to the stomach. I have known relief given by the patient smoking tobacco and aniseed mixed together: the feet may be bathed in warm water, and afterwards one tea spoonful of spirit of hartshorn may be rubbed on the soles. Electricity will often remove pain of

the stomach, the stroke should be given on the part. If the cramp should proceed from a gouty serum being translated to the part, recourse must be had to French brandy or good gin, and blisters applied to the extremities.

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## LOSS OF APPETITE.

Loss of appetite may proceed from a load of viscid phlegm on the stomach, from the bile, fevers, dropsies, scurvy, king's evil or a schirrus, also close confined rooms or factories where many persons are confined together, also from drinking spirituous liquors, a sedentary life, drying up of issues, stoppage of the menses, grief, fear, anger, melancholy, indigestion, the asthma, intense study. If from a load on the stomach, take fifteen grains of ipecacuanha and work off with chamomile tea, a tea cupful may be taken every morning fasting. If from indigestion, take the following :

### *Decoction.*

Take quassia wood in shavings, one dram : boil in a pint and a half of water for an hour, pour off clear and add of aromatic species, one dram : of crabs' eyes prepared, one dram : tincture of cardamoms compound, half an ounce : mix and take two table spoonfuls every morning fasting, and at bed time, or these :

### *Pills.*

Take powder of rhubarb, one dram : powder of S 3

nutmegs, half a dram : powder of columba root, ten grains : confection of opium, half a dram : make in a mass by pounding in a mortar with simple sirup, divide into twenty four pills : one or two may be taken every night. If from hard drinking, take one tea spoonful of acid elixir of vitriol in a tea cupful of buck bean or chamomile tea, once or twice a day ; in costiveness a dose of opening physic may be taken occasionally, and as much exercise as possible in the open air.

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### OF THE MENSES.

All females from the age of fifteen to seventeen, according to nature, should expect the monthly terms, therefore it is the duty of all mothers, governesses, and those who have the care of females, not only to acquaint them but endeavour to promote the efforts of nature, which are often retarded by confinement and too little exercise, and is the cause of the green sickness and numerous other diseases hard to remove by medicines ; therefore those parents who are obliged to put their children out to get their bread at sitting employments may spare one or two hours in the day to let them play, in order to keep their health ; those who do not approve of that may rub furniture, wash, or do any household work, those who can afford it, may let their children learn to dance, or ride on horseback every day, this not only brings nature into her proper channel, but keeps her so.

*An electuary to promote the Menses in a cold habit.*

Take conserve of Roman wormwood and Dam-

ask roses, each one ounce and a half : salt of steel, two drams : saffron, half a dram : powder of cardamoms, twenty grains : sirup of rhubarb, quantity sufficient to make an electuary : dose, the size of a nutmeg twice a day, drink after it a cup of pennyroyal tea, and take plenty of exercise.

*Decoction of the bark with steel.*

Take peruvian bark in fine powder, two ounces : boil in three pints of water : add spirit of sulphur by the bell, forty drops : steel filings, one ounce : boil until it wastes to one pint and a half : dose, one table spoonful twice a day. If the complexion is florid and a feverish habit, take the following :

*Electuary to promote the Menses in a feverish habit.*

Take conserve of Roman wormwood, two ounces : powder of black helebore, three drams : gum asafætida dissolved in tincture of castor, twenty grains : of kali, two drams : sirup of rhubarb, enough to make a smooth electuary : dose, the size of a nutmeg twice a day : this may be taken in all hot constitutions as it opens the pores without heating the blood as some steel preparations will, which are best in cold thin habits ; when the complexion is pale and the patient languid, take the following :

*Powder for the Green Sickness in cold habits.*

Take of cloves, mace, and nutmegs, each a quarter of an ounce : beat them in a mortar separate : add loaf sugar in powder, four ounces :

and put in one ounce and a half of prepared steel: rhubarb in powder, four drams: mix altogether and take a tea spoonful twice a day in any sirup or liquid, using exercise. If the menses should come down, the patient must stop the use of both the two last medicines until they are over, afterwards repeat occasionally. If the patient is subject to hysterics take this:

*Decoction for Hysterics in obstruction of the Menses.*

Take roots of smallage, two ounces: calamus aromaticus and bay berries, each two drams: zedoary and cubeb, each a dram and a half: mace, forty grains: galangal and grains of paradise, each ten grains: of dittany, of crete, and pennyroyal, each half a handful: boil in three pints of water until it wastes to two pints, strain and add a pint of white wine: dose, two table spoonfuls every six hours. If pills are preferred take the following:

*Pills to promote the Menses.*

Take borax and myrrh, each one dram: birthwort and saffron each twenty grains: oil of pennyroyal, savin, and cloves, each two drops: sirup of marshmallows, a dram: make into a mass with mucilage of gum arabic, form into forty pills: dose, two twice a day. These must not be taken where there is suspicion of pregnancy, as they may cause a miscarriage. In costive habits these pills may be taken.

*Aloes. Pills with myrrh.*

Take socotrine aloes, one ounce: myrrh and saffron, of each half an ounce: sirup of saffron, enough to make a mass: rub the aloes and myrrh separately to powder, then beat them altogether and make into pills of a common size: dose, three or four once a day, and wash down with half a pint of Chalybeate waters or a decoction of wall flowers, birthwort, horseradish, or pennyroyal, an ounce may be boiled in a pint of water: dose, a tea cupful: or the patient may take from ten to twenty drops of the tincture of muriated iron in a glass of the decoction of any of the former herbs: or from twenty to fifty drops of compound tincture of savin may be taken in any liquid once or twice a day: or take tincture of helebore, one tea spoonful once or twice a day, in a cup of pennyroyal tea: or take steel prepared and powdered, an ounce: ginger in powder, half an ounce: mix in three ounces of honey, treacle, or linitive electuary: take one tea spoonful once a day, and wash down with gooseberry leaf tea or cold water. If the patient is weak, take linitive electuary, two ounces: peruvian bark in powder, one ounce: savin in powder, twenty grains: mix into an electuary with sirup of mugwort: dose, one tea spoonful twice a day. If there is much pain about the loins or the region of the belly, this fomentation may be used: take mugwort, pennyroyal, and rosemary, each a handful: chamomile flowers, an ounce: boil in four quarts of water, and foment the belly and loins with it warm, or flannels wrung

out of the hot liquor may be applied over the part, the feet may be bathed in warm water often: in full habits a little blood may be taken from the foot, and electricity will have a good effect. All tight bandages, sour and windy aliments must be avoided.

#### OVERCHARGE OF THE MENSES.

Diseases often proceed from an overcharge of the menses, which may be from hurts, frights, colds, convulsions, hysterick fits, an ulcer of the womb, or any of the depressing passions, also after miscarriage, hurts in child birth, and at the turn of life in women between forty and fifty years of age, therefore women past that period should be let blood when they have a full habit.

#### *Decoction for an overcharge of the Menses.*

Take nettle roots, a handful: tormentil, a handful: oak bark, half an ounce: boil in a quart of water, pour off clear and add red port wine, one pint: mix and drink a wine glassful every three or four hours: or this powder, take allum, two drams: japan earth, one dram: pound in a mortar to a fine powder, divide into eight doses, and take one every six hours in any liquid or sirup: or take of pennyroyal water, simple cinnamon water, and sirup of red popies, each two ounces: acid elixir of vitriol, one dram: mix and take one table spoonful every three hours: or take red port wine, one pint: acid elixir of vitriol, an ounce: mix and take one table spoonful every three hours. These are good to be taken in miscarriages, or the

following mixture: take of purified nitre, two drams: spring water, six ounces: sirup of orange peels, or loaf sugar, half an ounce: mix and take one table spoonful every three or four hours: or take acid elixir of vitriol, half an ounce: tincture of peruvian bark, half an ounce: mix and take one tea spoonful every four or six hours in three table spoonfuls of cold water.

### *Tincture of Hierapicra.*

Take of socotrine aloes in powder, an ounce: of lesser cardamom seeds and Virginia snake root, each one dram: chochineal, twenty grains: white wine or brandy, one pint and a half: mix in a quart glass bottle and let stand in gentle heat three days, then strain for use: dose, one table spoonful once a day.

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## OF THE WHITES AND SEMINAL WEAKNESS.

This disease proceeds from weakness and relaxation, the symptoms are pain of the back and loins, and debility, the complexion is pale, the body atrophied, the appetite craving. The diet should be strengthening, avoiding poor weak watery aliments, indolence, confinement, &c.

### *Strengthening Decoction.*

Take comfrey root, six ounces, sliced: boil in two quarts of water until it dissolves: add isinglass, an ounce: boil again until the whole is dis-

solved : dose, two table spoonfuls twice or three times a day, mixed with milk or alone : or this, take lime water, one pint : (*see appendix*) dissolve in it gum arabic, half an ounce : dose, two table spoonfuls twice a day. In great weakness take the following :

*A Mixture for the same.*

Take red port wine, one pint : dissolve in a little water two drams of gum tragacanthi and mix with the wine : take two table spoonfuls twice a day : or take one tea spoonful of peruvian bark in powder in a glass of red port wine once or twice a day : or take one tea spoonful of the acid elixir of vitriol in a tea cupful of decoction of oak bark or infusion of tormentil, or cold water, once a day : or take Solomon's seal, a handful : boil in a pint of smith's forge water : sweeten with loaf sugar : dose, three or four table spoonfuls, once or twice a day : or bruise the herb, strain out the juice, and take two table spoonfuls in red port wine or cold water once or twice a day : the juice of nettles or speedwell may be taken with the same advantage, dose as the former. If the whites proceed from relaxation after the venereal disease, the medicines may be taken as recommended on that subject.

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## OF PREGNANCY.

The symptoms of pregnancy are suppression of the menses, loathing of different kinds of food and drinks, and fancying others which are neither

pleasant or salutary, the heart burn, vomiting cough, shortness of breath, lowness of spirits, heat in the palms of the hands and soles of the feet, costiveness, shooting pains of the breasts, pains of the back and loins, but what is most to be relied on is the stoppage of the menses, increase of size and hardness of the hypogastrium, but when the case is doubtful and some months have elapsed in a state of suspense, a midwife may examine by the touch, if the womb is impregnated it will be found larger and heavier than in the unimpregnated state, the neck will be shorter, and after the quickening the fundus rises above the brim of the pelvis, at seven months, the head of the foetus may be felt through the cervix uteri. During the state of pregnancy if there is a plethoric habit, from six to eight ounces of blood may be let from the arm, to relieve nausea and vomiting a cup of chamomile flowers or a cup of strong green tea or a cup of strong mint tea may be taken the first thing in the morning; a frequent inclination to make water may be relieved by taking forty drops of sweet spirit of nitre once or twice a day in a cup of parsley tea; if a strangury should ensue fifteen grains of nitre may be taken once or twice a day in a tea cupful of cold water, if these have not the desired effect a fomentation may be made of chamomile, marshmallows, and elder flowers, of each a handful, boil in three pints of water, add in boiling one poppy head, flannels may be wrung out of the hot liquor and laid on the belly, a little of the liquor may be injected into the vagina with a female syringe; or the patient may be put into a

warm bath; if these methods do not succeed the catheter may be used to draw off the urine: the piles are often troublesome to pregnant women and may be relieved by bleeding, with leeches, or poulticing the part, or using the anodyne ointment: in costive habits the body should be kept open by gentle laxatives, such as linitive electuary, senna and prunes, or castor oil, or take the following: take linitive electuary, two ounces: cream of tartar, half an ounce: powder of jalap, one dram: simple sirup, enough to make it smooth: dose, the quantity of a nutmeg once a day occasionally. In the latter months women of a relaxed habit are liable to swelling of the legs, feet, and labia pudendi, which is caused by an imperfect return of the lymph from the extremities, this goes off in a few days after delivery: the cardialgia or heart burn may be relieved by taking a tea spoonful of magnesia, or powder of crabs' eyes or common chalk in a tea cupful of cold water, or eating a raw turnip will often remove it. The regimen should be light and simple, as broths, milk pottage, tea, flesh of young animals, fish, fowls, tarts, and all kinds of vegetables, avoiding rich gravies, salted meat, spirits, red port wine, stale beer, &c. As much exercise should be taken as possible without fatigue, the woman should never lift her hands above her head, which often causes the navelstring to be twisted round the child's neck which may endanger its life; all violent passions of the mind must be avoided and the utmost composure observed.

## OF CHILD BIRTH.

Natural labours being the most common need but little description,—we shall suppose it the woman's first child, and that as she is unacquainted with the business, she will send for a midwife\* as

\* From the beginning of time until the middle of the last century the art of midwifery was committed to the hands of females, nor did men ever think it their province;—they, no doubt, considered it a great violation of female modesty to interfere with them at a season when nature teaches even some of the brute creation to seclude themselves from public view,—as there were no men-midwives in the world for near six thousand years, it can be no stretch of imagination to suppose that God furnished women with the power of preserving each other in bringing forth their offspring ; for when the midwives of Egypt (because they feared God) would not comply with Pharoah's dreadful mandate, we do not find that he applied to men-midwives to effect his purpose, a thing he could not have failed to do had there been any ; nor do we find that ignorance in midwives proved destructive to the Hebrews for they multiplied very fast, and if God gave laws and directions for the preservation of his rational creatures in the most minute matter which concerned their temporal as well as spiritual happiness, can we suppose him wholly inattentive to this grand object—forbid it gratitude and common sense, and particularly religion. I cannot help thinking that so general a use of men in the business of a midwife has introduced a far greater number of evils among society than it hath prevented ; perhaps one woman in some hundreds may be found who from disease, mal-conformation of the pelvis, or some lusus naturæ in the fœtus, requires the aid of an obstetric surgeon; but is that a good reason why such numbers of the sex should throw off every female restraint and give up to one or more men—that privilege which inviolably belongs to their husbands. As some may dispute the truth of what I have now advanced concerning the practice of midwifery being confined to women for near six thousand years, I will here give some quotations from the Encyclopædia,—

soon as she discovers any symptoms of labour; the examination by the touch or what is called trying a pain, is to be made in as private a manner as possible: the patient should lie on the bed on her left side and be covered with the bed clothes, the way

it says—the art of midwifery is certainly almost coeval with mankind; the first midwife of whom mention is made under the name, assisted at the second labour of Rachel the wife of Jacob—from all the passages in scripture where midwives are mentioned it is plain that women were the only practitioners of this art among the Hebrews, among the Greeks also women assisted at labours, Phenerte the mother of Socrates was a midwife.—Plato speaks at large of midwives, explains their functions, regulates their duties, and remarks that they had at Athens a right of proposing or making marriages.—Hippocrates makes mention of them as well as Aristotle, Galen, and Actius.—The Romans employed women only, and it is certain that till lately all civilized nations have employed women only as midwives; the employment of men-midwives goes no farther back than the first lying-in of Madame De La Valiere in 1663, who was mistress to the king of France: England soon adopted the custom, and those ladies who are so fond of employing men-midwives may observe that the mistress of Louis was the leader of it, and may also judge how far their imitating her conduct in any respect is to their honour. Let the obstetric surgeon ask his own heart whether the well instructed midwife needs his aid more than once in several thousand labours—how far then is man-midwifery necessary or compatable with that command of God, which requires chastity of heart, speech and behaviour. It may be objected that there is no encouragement for women to learn midwifery because there are so many men in the profession, this objection is not well founded for there always has been and always will be modest women in the world, who will employ female midwives, and will not suffer their persons to be polluted by the touch of a lascivious boy of twenty one. If a surgeon is wanted in difficult cases, he should be a gentleman of years and experience to perform the operation, when a skilful midwife gives up the case. *Mrs. M. Stephen's remarks.*

to touch is by introducing one finger dipt in pomatum into the vagina, and passing it up till you find the os uteri, if her case is favourable you will find it a little dilated, the head of the child pressing upon it, and in the time of a pain you will find the membranes which contain the waters protruding like a small bladder through the dilatation, the best reason for staying with her now is to keep her quiet, and to take care that her friends may not by a mistaken kindness, give her spirits or strong drink, which would certainly heat her, and might produce a fever which would not only retard her labour but make a good recovery doubtful. If the membranes break before the pains come on, you need not expect the child to advance until the waters are discharged, and you may safely leave the business to nature for sometime; after the waters there comes from the uterus a slimy mucus sometimes tinged with blood and it is generally a presage of a favourable labour, for it proves the patient relaxed, and conduces to make the labour easy by lubricating the passage; this mucus is not in every labour, and where it is wanting after the discharge of the waters it is termed a dry labour, and the want of it must be supplied by emollient applications; sometimes the head of the child stops up the waters so that but a small portion of it comes away when the membranes break, and when the child comes forth the rest comes with such rapidity that young practitioners may mistake it for a flooding. The manner in which the head descends is known by the touch, and the fontanelles and sagittal suture must be their

guide, the vertex is the best presentation ; as the uterus contracts the pains grow strong, the crown of the head is pushed against the lower part of one ischium and the forehead is at the upper part of the other, and is by the pains forced and turned into the hollow of the sacrum, the vertex then being pushed out below the os pubis dilates the os externum, and you will find the os frontis pushing out the perinaeum and anus so violently that if you do not support them during every pain they will certainly be lacerated : it sometimes happens that the forehead is a long time making the half turn into the sacrum, and until you are experienced you will wonder why the head is not coming forth as you find it so near you, which it cannot do till it is turned into the inferior long diameter of the pelvis ; take notice that at the brim of the pelvis the long diameter is from one ilium to the other, and at the bottom from pubes to sacrum, because the os coccygis is pushed back by the child's head three-quarters of an inch ; the head now having got through the os. externum, the midwife should wait a little; for commonly the pain that brought it discontinues ; the uterus should not be allowed to contract too soon by the hasty extracting of the child ; and if another pain does not expel the body in a few minutes, take hold of the head in the following manner,—place the two fore fingers round the occiput, the middle finger under the jaw bones, and let the thumbs meet over the sagittal suture, then move from side to side till the body comes forth, but should the shoulders prove too bulky pass two of the fingers over the right shoulder and

bring down the arm with a semicircular turn under the sternum or chest, and the other shoulder coming now more readily into the passage the body will soon come forth. Another species of natural labour is when the forehead instead of turning towards the sacrum, turns towards the pubes in passing from the brim into the cavity of the pelvis, this position of the head may be known by feeling the anterior fontanel at the pubes, and the sagittal suture running backwards to the sacrum ; and as the forehead is broader than the occiput it cannot so easily pass under the arch of the pubes, but will take more time and pains to expel it ; but there is no occasion to alter this position except the pains are found insufficient to expel it, the midwife must therefore proceed as in the former case, supporting the perinaeum with the palm of the hand while the head is passing through the os externum. There is no occasion to confine the patient to any particular posture until the time comes in which she must be assisted, she may set, lie, or walk as inclination leads, unless she has a flooding ; in that case she should lie in bed and be kept very cool. When the child is born lay it on its side with the back to the mother, and when it has cried tie the navelstring with a ligature composed of several folds of common thread at the distance of three inches from the child's belly, then tie another near a finger's length beyond that, and cut the cord between the two ligatures. Now apply yourself to the delivery of the placenta, in first labours it generally comes of very soon, except in subjects not very young, where it is apt to adhere too strongly

to the uterus, the adhesion is discovered by its not coming down in the vagina during a given time, perhaps some hours, in which time tie a compress moderately tight round the abdomen, and rub it to assist the contraction of the uterus ; if you can by the touch feel the root of the funis in the vagina it is coming, but if it still continues high out of your reach you must not pull the cord too hard for fear of causing an inversion of the uterus, that is turning of it inside out ; the right hand must be anointed with pomatum, oil, or lard, and passing it slowly into the uterus, must search for the thin edge of the placenta, and insinuate the fingers with the utmost caution between that and the uterus and peel it away by degrees till it is all disengaged, then grasp it between your fingers and draw it into the os internum, withdrawing the hand to give the patient a little rest provided there is no great flooding, if there is, take it away as soon as possible, for the flooding will not cease till it is taken away. Labours are divided into five classes, natural, when the head presents and the child is expelled by the pains within twenty-four or thirty-six hours ; lingering, when the head presents fair, and the labour is not over under forty-eight hours ; preter-natural, when any other part of the child presents ; difficult, when the head presents and cannot be expelled without great assistance ; complex, when the labour is attended with convulsions, floodings, descent of the navelstring, twins, a deformed child, a crooked pelvis in the mother. It is of the greatest importance to know at an early period of the labour how the child pre-

sents, and to distinguish between the head or an other part. In difficult cases instruments are too much used to the detriment of both mother and child, particularly in the hands of young and unskilful men-midwives. The great God of nature does not leave his creation to require these violent operations, which are too frequently made use of. If the women had more patience under the hands of a skilful and experienced midwife, we should have less disease in females after child birth, as it is allowed by many old and experienced practitioners on an average not one case in several thousands require the surgical operation. After delivery the woman should be put to bed, except in floodings, when she should remain quiet several hours and have nothing given warm. The diet should be light, as chicken broth, beef tea, veal broth, panado, chocolate made very thin, water gruel, &c. with all they may eat toasted bread, and should avoid spirituous liquors; if the woman is free from fever, a little wine may be put into her gruel and panado; animal food is improper till the milk fever is over; those who indulge with solid food often are afflicted with gripes and choleric. Every woman should endeavour to suckle her children, no station in life, however exalted, ought to exempt a mother from this part of maternal duty, if she has milk, and her constitution can bear it; the child should be put to the breast in twenty-four hours after its birth, and much sooner if of the first child; the woman should have no tight bandages, which may cause an inflammation of the uterus.

## OF MISCARRIAGES.

Abortion frequently happens in the first four months of pregnancy; women should carefully avoid violent passions of the mind and agitation of the body. Nothing weakens the constitution more than frequent miscarriages by reason of great floodings; when women are attacked with them in the earlier months of pregnancy, and the patient is of a plethoric habit, bleeding is proper, the woman should lie in bed with her head low, her room should be kept cool, clothes dipt in vinegar well wrung, may be applied to the loins, abdomen, and pundenda, often changing them before they become warm. In weak constitutions bleeding is improper; such women should be supported with broths, beef tea, chocolate, sago, &c. The drink may be cold red port wine and spring water, nothing should be taken warm. When miscarriages are attended with labour pains they should be left to nature, but when they are attended with great floodings and without pain nature should be assisted by dilating the os uteri and taking away the fœtus, placenta, &c.

## MEDICINE.

*For Diseases in Lying-in Women in natural Labour.*

The after-pains are an effort of the uterus to throw off the grumous blood from its sinuses and expel that which collects within its cavity after delivery, for which take the following: take pen-

nyroyal water, six ounces : tincture of opium, one dram : simple sirup, two drams : dose, one or two table spoonfuls every four hours : or take pennyroyal water, four ounces : bryony water distilled, two ounces : spermaceti, two drams : rub in a mortar, and add sirup of white poppy, half an ounce : or take one grain of extract of opium : spermaceti, four grains : make into one pill, and take every six hours : but care should be taken not to give opiates too freely as it may cause a suppression of the lochia and an inflammation of the womb. I would therefore recommend the following draught, take pennyroyal water, two table spoonfuls : sirup of white poppies two tea spoonfuls : mix and take every six hours. If the lochia flows in too great abundance, which is common in very lax habits, take this mixture, of simple cinnamon water, one ounce : spring water, four ounces : peruvian bark in powder, three drams : acid elixir of vitriol, one dram : dose, two table spoonfuls every six hours. In the milk fever the diet should be of a cooling nature, more of liquids than solids : one table spoonful of the saline julep may be taken every four hours, (see fevers) and an opening draught every second or third day, or half an ounce of castor oil, or the following :

### *Electuary.*

Take linitive electuary, two ounces : jalap in powder, or rhubarb, one dram : of kali, one dram : make into a smooth electuary with sirup of saffron, two drams : dose, the size of a nutmeg every six hours : the patient's breasts should be drawn

often, nothing strong should be given during this fever. An inflammation of the womb or the peritoneum is known by a fixed pain and great tension of the abdomen, the patient should have ten or twelve ounces of blood taken from the arm, blistering plaster may be applied on the belly, thighs, or legs: the peruvian bark may be taken, half a dram every three hours in a glass of port wine mixed with three parts water, or this:

*Mixture.*

Take spring water, six ounces: of purified nitre, one dram and a half: peruvian bark, two drams: simple sirup or loaf sugar, a dram: dose, two table spoonfuls every four hours. A fomentation may be made of chamomile and elder flowers, each a handful: boil in a quart of water: cloths may be wrung out and applied over the belly and loins where blisters are not used: in costiveness half an ounce of castor oil may be taken every six hours: or a common clyster may be given: this is a dangerous disease and should not be trifled with. The millary fever sometimes attacks child-bed women, the treatment and medicines may be the same as directed under that fever. The puerperal fever is of a dangerous tendency by stopping the lochia and the secretion of the milk, the patient is seized with cold shivering and hot fits alternately, a quick pulse, to which succeeds delirium; if the abdomen is very sore to the touch and continues to swell until it becomes insensible the danger is great, recourse should be had to medicine at the beginning of the disease: if the woman

is of a full habit, ten or twelve ounces of blood may be let from the arm, a clyster may be given, made with a handful of marshmallows boiled in a pint of water, strain and add half a pint of milk and give blood warm, and may be repeated occasionally: if there is a sickness at the stomach, one or two table spoonfuls of the saline julep may be taken every four hours: or fifteen grains of the powder of columba root in a little cold water: the latter is to be taken if a purging comes on. If there is a coldness of the extremities, warm flannels may be wrapped round the legs and feet. If the fever turns putrid may be known by the offensiveness of the stools, a low creeping pulse, delirium, &c. take the following:

### *Mixture.*

Take peruvian bark, three drams: red port wine, one glass: water, four ounces: mix, dose, two table spoonfuls every four hours. If the patient is restless, fifteen drops of tincture of opium may be taken in one table spoonful of spearmint water and a table spoonful of cold water, mixed, every six hours. In delirium opiates should be omitted, two or three tea spoonfuls of sirup of poppies may be taken in a table spoonful of cinnamon infusion twice or three times a day: if the purging does not abate, the starch clyster may be given, or two drams of gum dragon may be dissolved in a pint of water, two or three table spoonfuls may be taken with a little red port wine added or alone, two or three times a day: or take of compound powder of tragacanth, from twenty to thirty grains, in any

liquid or sirup, once or twice a day : the diet may be chickens boiled, also the broth, panado, rice, gruel, sago : the drink may be, if the woman is low, water with a little wine added, beef tea, &c. In costiveness, clysters and opening diet is more proper than purges. If the pent up milk causes hardness and swelling of the breasts, equal parts of spirit of hartshorn and olive oil may be mixed, and anoint the part with, or the anodyne ointment; if the woman does not suckle her child, plasters spread with diachylon may be laid over the breast to dry away the milk. Lying-in women should not quit their rooms nor put their hands into cold water too soon as it may occasion fatal diseases.

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## DISEASES OF INFANTS.

Young infants are liable to numerous diseases, unknown to adults, by reason of the delicacy of the frame, their nerves being more irritable, and the constitution more humid than grown people. New born infants should be put to the mother's breast to suck the first milk, which is of a purging quality and will carry off the meconium ; but if the infant should suck the milk of nurses, which hath lost that quality, a gentle purge is proper, for which take manna, one ounce : boiling water, two ounces : of magnesia, ten grains : mix, strain, and give a tea spoonful every two hours until the black stools are discharged : or take magnesia, half a dram : simple cinnamon water, one table spoonful : loaf sugar, sufficient : mix and give two tea spoonfuls

every four hours: in extreme costiveness, take sirup of Damask roses, half an ounce: sirup of buckthorn, half an ounce: simple cinnamon water, two tea spoonfuls: mix and give a tea spoonful every two hours until it operates. Acids in infants may be known by green sour slimy stools attended with griping pains, for which take crab's eyes prepared and powdered, twenty grains: magnesia, ten grains: powder of rhubarb, two grains: mix in two ounces of water: add loaf sugar, sufficient: and give a tea spoonful every four hours. If there is violent cholic pains attended with convulsions, take distilled mint water, two ounces: tincture of opium, twenty drops: sirup of rue, two drams: powder of rhubarb, twenty grains: give a tea spoonful every four hours until the symptoms abate: or take sirup of rhubarb, half an ounce: sirup of poppy, half an ounce: give one or two tea spoonfuls every three hours: to infants more than six months old, the dose may be increased to three tea spoonfuls every three hours: the child's belly may be rubbed with a warm cloth before a fire, or rub on the belly a few drops of brandy or oil of chamomile. After the child is weaned its food may be pearl barley boiled in water until it becomes thick like sirup, strain off, and to a boatful of that liquor add a boatful of new milk, give without sugar in small quantities and often, until the child will take milk alone or milk pottage. For chafing in infants mothers and nurses should wash the child all over its body every morning in cold water: or take fuller's earth, four ounces: pour on it four quarts of

cold water: let it stand a few hours to settle, and wash the child with it, leaving a little of the earth in the creases of the neck, under the arms, the groins, and behind the ears; if the parts are chafed, a little hair powder may be applied, and if much so, a few drops of Goulard's extract of lead may be dropped into half a pint of cold water until it turns milky, and wash the sore parts until it is healed: some nurses use white lead, called cerus, which is dangerous on account of its drying poisonous quality. Nurses should not use tight bandages about the body, as infants are often thrown into convulsions by obstructing the circulation, respiration, &c. For wind in the bowels give the infant a tea spoonful of distilled peppermint water every two hours: or boil a few anniseeds or fennelseeds in water: strain and mix the liquor in the child's food. For stoppage of the nose take a little hog's lard, mix with it a few drops of oil of sweet almonds or olive oil, anoint a little on the nostrils and on the nose between the eyes, or a little goose fat, repeat until the mucus discharges: or use the juice of a raw onion in the same way. For vomiting in infants, give from four to six tea spoonfuls of the saline julep every three or four hours (see fevers) or take simple cinnamon water, one ounce: spearmint water, two ounces: of kali, ten grains: loaf sugar, sufficient: mix and give two or three tea spoonfuls every three hours: if the stomach is loaded with phlegm, purges are safer than vomits; take of Turkey rhubarb half a dram: simple cinnamon water, two ounces: spring water, two ounces: magnesia, a tea spoonful: of kali,

four grains : mix and sweeten with loaf sugar, give two or three tea spoonfuls every four hours until it operates. If the child is very costive with violent griping pains, the following clyster may be given, take cow's milk, half a pint: of olive oil, two table spoonfuls: of brown sugar, two tea spoonfuls: mix and warm over a fire: the quantity of half a tea cupful may be thrown up milk warm every twelve hours: if it hath not the desired effect, the child may be put into a warm bath and remain in ten or fifteen minutes and laid between the blankets to sweat; two or three tea spoonfuls of castor oil may be given.

*For purging in Infants, called Watery Gripes.*

First give a little sirup of rhubarb, manna, or senna infusion with a little magnesia added, dose, two or three tea spoonfuls every four hours, which will carry off the sharp humours, after purging; if the child is weak, give a few tea spoonfuls of the following decoction; take logwood shavings, or oak bark, an ounce: boil in a pint of water half an hour, pour off, sweeten with loaf sugar, and give two or three tea spoonfuls every four hours: or take gum dragon, one dram: boil in a pint of water, sweeten with loaf sugar, and give one pap spoonful in the child's victuals or alone: or a tea spoonful of Godfrey's cordial every six hours: or rice milk.

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## OF THE THRUSH.

This disease begins with small ulcers inside of the mouth and throat, and often takes its course through the stomach and bowels, and affects the breech with ulcers the same as the mouth, for which give the following : take rhubarb in powder, ten grains : of magnesia, one dram : of kali, four grains : mix in four table spoonfuls of milk, barley water, or cold water : dose, three or four tea spoonfuls every six hours : the mouth may be washed with the following gargle : take one turnip, peel it, and boil soft, strain out the juice, sweeten with honey, and rub the mouth and tongue frequently : or take sage a handful, or house leek : boil in a pint of water, sweeten with honey and use as the former : the sores on the breech may be anointed with spermaceti ointment once or twice a day.

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## OF ERUPTIONS IN INFANTS.

These proceed from gross humours which nature is unable to discharge by the pores of the skin and causes cutaneous eruptions in children ; also breeds vermin where cleanliness is neglected. When this disease appears on young infants, the mother or nurse should take purging physic if she suckles the child, which will by the breast-milk carry off the disease : one or two of the imperial pills may be taken by the mother, once a day : or this :

*Electuary.*

Take linitive electuary, two ounces : powder of rhubarb, half a dram: or cream of tartar, two drams: Æthiop's mineral, an ounce : make smooth with common sirup : take one tea spoonful once a day, and wash down with the decoction of sarsaparilla (*see appendix*). If the child's head is full of scabby eruptions, take common tar and hog's lard equal quantities, mix and rub the head once a day, or the anodyne ointment : if the child is weaned, give a few doses of purging physic, as sirup of buckthorn, or rhubarb, infusion of senna, or one of the imperial pills every second day until the eruptions disappear, the pills may be dissolved in any liquid.

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**OF TEETHING.**

Most infants breed their teeth with pain, and numbers die about this period, particularly in cutting their canines or eye teeth, which have their origin near the nerves which pass by the eyes, and are very irritable in young children, causing inflammation, convulsion fits, fever, excessive purging, &c. I have found the anodyne necklace the most safe and efficacious remedy that can be used, and to administer gentle purges in case of costiveness, such as senna and prunes stewed, manna, magnesia, and rhubarb mixed and given according to the age of the child. The diet should be light and nourishing.

*Anodyne Necklace.*

Take henbane root, dry it and cut it into small round beads, string them on silk and steep in a little spirit of lavender to give it colour, when dry tie it round the child's neck : or take the roots of male peony, cut them into small beads, string them as the former, steep twelve hours in tincture of opium, when dry put round the neck as the former, and let it remain until all the teeth are cut through the gums. If the child is attacked with convulsions, take green rue, a few sprigs : boil in half a pint of water fifteen minutes, pour off, sweeten with sugar or honey : dose, one tea spoonful every four or six hours : if the fits continue, apply a blister on the back of the neck or on the arm : or leeches may be applied on the neck, the legs and feet may be bathed in warm water : two or three tea spoonfuls of the juice or six grains of the powder of the male peony root, may be given in any liquid once or twice a day : or five or seven drops of sal volatile in a little cold water every six hours : if the child is restless, five or six drops of tincture of opium : or a tea spoonful of sirup of poppies may be given every six or twelve hours : the child's gums may be rubbed often with lemon juice : if there is fever, give one or two grains of powder of contrayerva root or lapis contrayerva in a little balm tea every four hours : the child may have a crust of bread put into its hand to chew, which may have a good effect.

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## OF THE RICKETS.

This disease proceeds from a relaxed habit after illness, or from bad nursing, sickly parents who are afflicted with the scrofula or other chronical diseases, from poor weak watery food, the want of air and exercise. The symptoms are weakness in the loins, a hard swelled belly, an enlargement of the joints, overgrowing of the head, the flesh is loose and shrivelled, the poor infant cannot bear to be moved and will set contented for hours together, at length the whole body becomes distorted, the habit is feverish with much thirst. The cure depends on good nursing; the child should be taken out in the air and tossed about or rolled on the grass, and all other kinds of exercise. The diet should be strengthening; avoid giving weak watery aliments, especially tea, some mothers and nurses give their children spirituous liquors whenever they take it themselves, this absurd custom paves the way to diseases, and hurts the child's constitution. Children who have the rickets after illness may be washed all over with cold water every morning. Children of a gross habit may have given them gentle purges of rhubarb, senna, or sirup of pale roses; dose, from two to four tea spoonfuls once a day. In very great weakness ten or twelve grains of peruvian bark may be given in a little milk once or twice a day.

## OF THE HOOPING COUGH.

This disease is most common to children, the

symptoms are similar to a great cold, the cough is often attended with sickness and vomiting, if the child is of a gross habit bleeding at the nose is common. The regimen should be light, of easy digestion, and consist of diluting things, as broths, milk pottage, tea, light puddings, panado, &c. The drink, whey, milk and water, toast and water, butter milk: or an infusion of balm, ground ivy, maiden hair, and hysop, may be made in a pint of boiling water, sweeten with honey: or liquorice root sliced, one ounce: boil in two pints of water, pour off, and add a pint of barley water: give for the common drink. An emetic may be given on the first attack of the disease; to a child under two years old, one dram of ipecacuhana wine, or twenty drops of antimonial wine: above that age the dose may be increased one half, or from five to ten grains of the powder of ipecacuhana may be given in a little cold water: if the child will drink, warm water or thin water gruel, is proper to work it off: the feet may be bathed in warm water, a plaster may be made of compound laudanum and applied on the stomach, or compound plaster of Burgundy pitch may be spread on leather and laid between the shoulders, and give the following:

### *Decoction.*

Take of moss cups, an ounce: boil in a pint of milk, strain, sweeten with honey or sugar: dose, two table spoonfuls every three hours: or this infusion, take millipedes, an ounce: bruise them and infuse in half a pint of white wine, let them stand twenty-four hours: strain and give three or four

tea spoonfuls every three hours : if the cough is violent, two or three drops of tincture of opium or a tea spoonful of sirup of poppies, may be given at bed time : the body should be kept open with small doses of infusion of senna, sirup of buck-thorn, or rhubarb. Grown persons who have this disease, may take an emetic, and if of a plethoric habit, may have ten or twelve ounces of blood let from the arm, afterwards take one tea spoonful of the grand balsam of mecca in a wine glass of cold water, twice or three times a day : children may take from twenty to thirty drops in cold water once a day, which will radically cure the hooping cough. Those who do not approve of emetics may take gentle purges every third or fifth day during the disease.

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## OF THE CROUP.

This disease often attacks children, and is a species of the asthma, it begins with difficult breathing, a florid countenance, quick pulse, and every symptom of approaching suffocation, the child makes a croaking noise, and if not relieved in twenty-four hours dies of suffocation. On the first appearance of the disease give the following :

### *Mixture.*

Take of gum ammoniacum, one dram : grind in eight ounces of pennyroyal water in a marble mortar until it is mixed : add tincture of assafœtida, one dram : tincture of Russia castor, half

2 dram : tincture of valerian, half a dram : tincture of opium, twenty drops : or sirup of poppy, one dram : dose, to children under two years old, two tea spoonfuls : above that age, three or four tea spoonfuls every three hours. If the child is convulsed, give the following : take garlic peeled, one ounce : bruise in a mortar, and add of distilled vinegar, one ounce and a half : of distilled hysop water, eight ounces : beat all together until the ingredients are united, then add honey, two ounces : simmer over a slow fire fifteen minutes, strain through a cloth : the dose is from three to six tea spoonfuls every four hours : if these have not the desired effect, take musk finely powdered, ten grains : Russia castor in powder, ten grains : of camphor dissolved in spirit of wine, one dram : mix in four ounces of hysop water or pennyroyal water : dose, from three to six tea spoonfuls every four hours : if blood can be let it will have a good effect : or leeches applied about the neck, stomach, and sides : blistering plasters may be applied on the stomach, neck, and throat, the feet and legs may be bathed in warm water, or the child may be put into a warm bath for fifteen or twenty minutes and afterwards lay between blankets to sweat, afterwards give this decoction : take six figs : four cloves of garlic peeled : hysop, a handful : boil in a pint of water fifteen minutes, strain, sweeten with honey, and give a pap spoonful every three or four hours. The drink should be barley water, whey, balm tea, or liquorice root decoction : emetics should not be given in this disease. Children should not be taken out in the night air, or easterly winds, nor be suffered to have wet feet or clothes.

## OF THE MEASLES.

This disease is often caught by infection, and more liable to children than grown persons. It begins with heaviness, loss of appetite, heats and chills alternately, the tongue is white, the eyes red and inflamed and frequently close up, the patient is troubled with a cough, laborious breathing and running at the nose, to which succeeds a looseness and eruptions on the surface of the skin, the spots are of a florid colour; about the seventh day the eruption changes colour on the face and afterwards on the body, and disappears about the ninth or tenth day; but, if a violent purging, laborious breathing, hoarseness, and a troublesome cough with delirium, succeeds the falling in of the eruptions, they are dangerous symptoms of an inflammation of the lungs, which often carries off the patient. The diet must be light, as panado, broths, water gruel, &c. The drink may be tea, infusion of balm, barley water, a decoction of the roots of butter burr, two ounces of the root may be boiled in two pints of water, strain, a draught may be taken frequently: or a decoction of liquorice root: or take marshmallow roots, two ounces: liquorice roots sliced, half an ounce: elder flowers, half an ounce: boil in two pints of water half an hour, pour off, sweeten with honey or loaf sugar: dose, three or four table spoonfuls every four hours. At the beginning of the disease, a little marigold or saffron tea may be given to bring out the eruption: if the patient is of age, ten or twelve ounces of blood may be let from the arm, or

leeches may be applied on the sides near the short ribbs : the feet may be bathed in warm water. In costiveness, half an ounce of manna may be dissolved in half a pint of water, with one dram of magnesia : dose, one or two table spoonfuls every three hours : or sirup of rhubarb. If the eruption falls in too suddenly, the Gascoign powders may be given in any liquid. I have known the good effects from the patient being wrapped in a scarlet woollen cloth ; country people make use of a scarlet cloak for the purpose : or blisters may be applied on the thighs or legs, and kept open while there is danger : if purple spots should appear on the skin, give ten grains of peruvian bark in powder: of diaphoratic antimony, one grain : mix in a little barley water : give every twelve hours. If there is a purging, rice milk with a little cinnamon added, may be given : or a tea spoonful of tincture of japan earth in balm tea every six hours.

### *Emulsion for the Cough.*

Take spring water, five ounces : pennyroyal wa-  
ter, one ounce : oil of almonds, one ounce and a  
half : of kali, one dram : or sal volatile, one dram :  
shake up and sweeten with sirup of maidenhair,  
or sirup of poppies, two drams : give to children  
a pap spoonful every four hours : dose to grown  
persons, two table spoonfuls : or take of sweet  
almonds blanched, one ounce and a half : double  
refined sugar, half an ounce : spring water, two  
pints : beat the almonds with the sugar and rub  
them together in a mortar, adding the water by  
degrees, strain the liquor, and to six ounces add

one ounce of sirup of maidenhair : dose, as before : after the tenth day, purging physic may be given, as rhubarb, senna, sirup of buckthorn, or one or two of the imperial pills may be taken once a day, which will correct the habit and carry off the morbid matter.

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## OF THE SMALL POX.

This disease is generally caught by infection ; the symptoms are a heaviness, pain of the head, back, and loins, sickness, vomiting, loss of appetite, cold shivering fits, debility, convulsions, anxiety, thirst, fever, the countenance looks florid, the tongue white, the pulse quick, the urine high coloured : after a day or two the eruption makes its appearance on the breast, arms, neck, and face, the basis is red, as the pock comes to maturity it feels rough to the touch and pointed, by which the pustules may be distinguished from the measles or other eruptions. There are several sorts of small pox, which in their duration, are from seven to twenty-one days. If the pock comes out slowly and fills gradually with kindly matter, is a favourable symptom ; but that sort which is livid becomes flat with brown specks in the middle is dangerous. The patient must have cordials, as wine, weak brandy and water, wine whey, and sudorific medicines : take of the Countess of Kent's powders, from five to ten or fifteen grains : or take of lapis contrayerva, five grains : saffron in powder, two grains : mix and give in any liquid every six hours :

or take of diaphoretic antimony, two grains : saffron and camphor, of each, two grains : mix for a powder and give as the former : or take compound powder of crab's claws, five grains : saffron, two grains : mix for a powder : or take milk, a pint : saffron, half a dram : simmer over a fire half an hour and add honey, two ounces : dose, for children one table spoonful every four or six hours ; to adults, a tea cupful twice a day. A simple remedy to throw out the pock when they strike in suddenly, take sheep's dung, half a pound : boil it in three pints of milk, strain and add half a pint of sweet mountain wine : give a table spoonful every two hours to children ; to grown persons a tea cupful four or five times a day ; repeat till the pock rises and fills with good matter. If purple spots appear among the others is an unfavourable symptom, shewing a dissolved state of the blood for which take the following :

*Decoction for the Purples.*

Take peruvian bark bruised, two ounces : boil in two pints of water for half an hour, strain and add milk, one pint : sweeten with honey or sugar : dose to children, one or two table spoonfuls every four hours : or take of diaphoratic antimony, two drams : peruvian bark in powder, half an ounce : mix by rubbing in a mortar : dose to children under two years old, from one to three grains : to adults, from five to ten grains in any liquid, every six hours. If the swelling of the face falls before the pock comes to maturity, the breathing is laborious, the pock of a dun colour, the urine in

small quantities and pale, the stools putrid with a troublesome purging, hard swelled belly, convulsions, starting of the tendons, delirium, and coldness of the feet, the danger is great ; blistering plasters must be immediately applied on the back, stomach, or inside of the thighs or legs : if they should cause a stranguary, one tea spoonful of sweet spirit of nitre may be taken in the drink every six hours ; dose to infants, from ten to twenty drops. If there is a purging, the white decoction or logwood mixture may be taken (*see appendix*) or the astringent clyster may be given (*see appendix*) the patient may take a little warm brandy and water, and repeat until the pock rises. If there is costiveness, the common laxative clyster may be given every third or fourth day : or doses of castor oil may be taken. The patient should be kept moderately warm, and have clean linen well aired during the disease ; no more than one should be laid in a bed, as the fever that attends the disease is injurious to others labouring under the same. When the pock begins to turn on the face, to allay the itching, they may be opened with a lancet or needle to let out the matter, and use the following liniment, take oil of sweet almonds, two ounces : spermaceti, three drams : melt in a gentle heat and mix to a liniment, anoint the face and other parts of the body with a feather : or take oil of almonds or olive oil, an ounce : of white rose water, two ounces : shake together and use as the former. After the turn of the pock purging physic may be taken, as sirup of buckthorn, senna and prunes ; to adults, salts and manna, or

the imperial pills: dose to children, one or two pills once a day: to grown persons, three or four once a day, which will carry off the remains of the morbific matter which by remaining in the habit occasions chronical diseases that may continue during life. These pills are proper to be taken as a preparative previous to the small pox, natural or by inoculation, also for the measles. The regimen may be light, as panado, water gruel, milk pottage, broth, boiled chicken, &c. The drink may be sweet briar, pimpernal, marigold, or rosemary tea, also milk and water, toast and water, wine whey, barley water, &c.; if the patient is low, a little wine may be taken, also ripe fruits, as apples, oranges, currant jellies, preserved fruits, and acids of all kinds.

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## DIRECTIONS FOR INOCULATION.

Inoculation for the small pox was first taken from the budding of fruit trees. Hence the morbific matter taken from a pock introduces the disease into the habit of another; the matter should be taken from patients of a sound and healthy constitution, as the infection conveys with it the scurvy, king's evil, itch, venereal disease, madness, &c. The train of deplorable diseases that I have attended patients under, which had been communicated by inoculation, renders it a duty in me to caution operators to be exceedingly careful in their enquiries concerning the health of the patient's family, previous to the inoculation. The patient should

be prepared by medicine and a proper diet, it should consist of milk, panado, bread puddings, milk pottage, custards, tarts, avoiding animal food, fish, soups, butter, cheese, spirituous liquors. The drink may be whey, milk and water, butter milk, toast and water, or a decoction of liquorice root or sarsaparilla, and take one or two of the imperial pills once a day: grown persons may take two or three once a day: or this electuary; take linitive electuary, one ounce: pulp of cassia, half an ounce: rhubarb in powder, two drams: sirup of violets, enough to make it smooth: dose to children, the size of a nutmeg once a day in any liquid: or take honey or conserve of roses, an ounce and a half: Æthiops's mineral, an ounce: cream of tarter, half an ounce: sirup of Damask roses, three drams: dose to children, the size of a hazle nut, twice a day; grown persons, a tea spoonful once or twice a day. When the patient is prepared the matter may be taken from the pock of a sound person by the point of a lancet or needle, by which the scarrification may be made length ways, between the elbow and the shoulder on the muscle, about half an inch long and only the depth of the skin; or a piece of thread may be wet in the matter and laid along the part where the skin is raised or scratched, lay a plaster of diachylon over the part, which is to remain until the pock makes its appearance. The patient may be treated as in the natural way, after the turn of the pock: the only physic necessary is the imperial pills, which may be taken for several weeks. The modern practice is inoculation from vaccine matter,

called the cow pox, which the operator may perform as in the former method, but care must be taken to obtain the genuine vaccine matter or the patient is liable to have the small pox afterwards in the natural way. All mothers may inoculate their children, or mistresses of families, governesses of schools, &c.

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## OF WORMS.

Numerous diseases in the human body proceed from worms, children are most liable to them — There are several kinds of these vermin, as the round worm, the tape worm, and the stomach worm, which infest the whole internal viscera, the milt, intestines, rectum, anus ; they are small resembling threads, others like maggots, all the kinds will eat their way from one organ to another, and prove fatal if not destroyed. The symptoms are a hard swelled belly, fever, thirst, a craving appetite, convulsions, itching of the nose, starting in the sleep, &c.

### *Powder to destroy Worms.*

Take resin of scammony, half a dram : loaf sugar powdered, four ounces : rub together in a mortar : dose to children from two to five years old, from three to five grains in a little sirup every morning for three days together, stop three days, and repeat the dose until the worms are destroyed : or take the Earl of Warwick's powder, ten grains : linitive electuary, two drams : mix and give at

twice: or this: take powder of tin, ten grains: Æthiop's mineral, fifteen grains: powder of savin, three grains: mix for two doses for children, and one for adults, take them in honey or treacle twice a day: or take black hellebore, half a handful: savin, a few sprigs: make them into a decoction, boil in a pint of water: strain and add tincture of opium, twenty drops: or one poppy head boiled in the decoction: sweeten with loaf sugar into a sirup: dose to children, two or three tea spoonfuls once or twice a day: dose to grown persons, one table spoonful once or twice a day: or take tin in fine powder, an ounce: corraline and worm seed, each an ounce: savin and saffron, each a dram: rub together in a mortar: dose, from twenty grains to one or two drams, every night in any liquid. Another for expelling the broad worm, take the root of the male fern dried and powdered, its dose to children from ten to fifteen grains; to grown persons, one dram morning and night in any liquid.

*A Plaster against Worms, and to reduce Hard Swelled Bellies.*

Take Venice treacle, half an ounce: worm seed powdered, two drams: hepatic aloes, one dram: oil of wormwood, twenty drops: mix all together with honey to make a plaster: apply to the belly, which will cause the worms to die. A purge of rhubarb or jalap may be taken every second or third day, whilst the plaster remains. A simple remedy, take the child's own hair, cut it small to a powder: dose, the quantity as will lay on a silver penny, once or twice a day in any liquid or sirup.

*Imperial Pills.*

Take from one to three pills once a day, which will radically destroy worms of every specie in young or old. Children who cannot take pills may have them dissolved in a little cold water, or any of their liquid food.

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## OF WATER IN THE HEAD.

This disease proceeds from a watery humour or serum which stagnates between the membranes of the brain, or the dura, or pia mater, and is often hereditary. The symptoms are a heaviness of the head, the eyes are dim, the pulse quick, with a continual fever. Blisters may be applied on the back of the neck, behind the ears, or on the arms, and must be kept open during the disease, the feet may be bathed in warm water often; twenty or thirty grains of purified nitre may be taken once a day in horseradish or broom bud decoction: or one tea spoonful of sweet spirit of nitre in elder flower tea: or the decoction of dandelion roots, or ten grains of kali may be taken in any of the former decoctions once or twice a day. The body should be kept open by purges of jalap, senna, powder of bryony root, or one or two of the imperial pills, may be taken once a day which have cured numbers of patients in this disease.

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## OF THE DROPSY.

The dropsy is a swelling of either the whole or one particular part of the body, from watery humours or wind, and is often complicated with the asthma or other diseases. There are several sorts, viz.—the ascites, which is a watery humour of the belly confined between the membranes of the peritoneum and omentum ; the anasarca is a watery humour which occupies the whole body ; there is a dropsy of the brain, also of the stomach ; the tympany is a hard swelling of the belly, composed of wind and sometimes water together. The cause of these diseases are by living on poor watery diet and too little solid food, from overcharge of the menses, by miscarriages, drinking too freely of spirituous or malt liquors, water, green tea, &c. also from the frequent use of strong drastic purges, the scurvy, scrofula, after long courses of mercury, obstruction of the menses. The symptoms are a heaviness, pain on the surface of the skin, cold shivering fits and flushes of heat, difficult breathing, obstructed perspiration, loss of appetite, thirst, pains of the limbs, a retention of urine, which is pale and thin, costiveness, to which succeeds a swelling of the legs, which ascends to the belly ; if the liver is affected with a schirrus, abscess, or ulcer, the patient is apt to bleed at the nose, the spittle is tinged with blood, the countenance and whites of the eyes look pellow, these symptoms are unfavourable The diet in this disease should consist of drying aliments, such as wild fowls, hares, ducks, geese, turkies, and all heath birds

roasted ; the bread may be hard biscuits or the crust of wheaten bread. The drink may be coffee, gin, brandy and whey mixed, or infusion of horseradish, mustard whey, decoction of the tops and blossoms of broom, knot grass, liquorice root, madder, parsnips, ground ivy, charvil, leeks, onions, garlic, fennel, gromwel, pillatory of wall ; any of these herbs may be made into a decoction by boiling a handful in a quart of water, pour of clear and drink in common ; if the patient is weak a glass of birch or elder wine may be added to the drink, or taken alone. At the beginning of the disease the patient may take from twenty to thirty grains of purified nitre once or twice a day, in a tea cupful of the decoction of the herbs or in geneva : or a tea spoonful of cream of tartar may be put into a pint of the common drink : or take elaterium or wild cucumber in powder, twenty grains : of purified nitre, half a dram : saffron, ten grains : rub all together into powder and divide into twenty-four doses by weight, one or two powders may be taken once or twice a day, in a tea cupful of broom bud or elder flower tea : or take this :

### *Diuretic Mixture.*

Take elder flower water distilled, six ounces and a half : of broom ashes (sifted through lawn) half an ounce : of purified nitre, half an ounce : tincture of saffron, two drams : dose, two table spoonfuls every six hours.

### *A Juice for the Dropsy.*

Take green plantain leaves, four handfuls : liver-

wort and brook lime, each two handfuls: pillitory of the wall: a handful: bruise them in a mortar and add compound horseradish water, half a pint, strain through a cloth and drink half a pint every morning, adding to each dose one tea spoonful of spirit of nitre: or take ashes of wormwood, fresh made, twelve ounces: of lime water and white wine, each four pints: infuse together in a gentle heat twelve hours, strain through a cloth: dose, a wine glassful three times a day. In costiveness, take these powders: take jalap in powder, half an ounce: purified nitre in powder, an ounce: saffron in powder, twelve grains: rub all together in a mortar with two drams of loaf sugar, divide into twenty-four doses: take one every twelve hours in marshmallow or elder flower tea.

#### *A Diuretic Infusion.*

Take broom ashes, one ounce: juniper berries, one ounce: Rhenish wine, three pints: mix in a lixivium, add blue fleur de luce roots, one ounce and a half: the inner bark of elder and dwarf elder, of each one ounce: bark of bitter sweet, half an ounce: rhubarb, two drams: mechoacan, half an ounce: caraway seeds, six drams: bark of sassafras and winter cinnamon, each a dram an a half: infuse them in a gentle heat twelve hours, and add loaf sugar, twelve ounces: Damask rose leaves, two handfuls: infuse twenty-four hours and strain for use: dose, three or four table spoonfuls every morning fasting. To promote perspiration, take two table spoonfuls of mindererus spirit in a cupful of wine whey, every four hours, repeat until it

hath the desired effect, keeping in bed the whole time: (this is intended for feverish habits) or take of the roots of dandelion fresh gathered, four ounces: boil in two pints of whey or spring water twenty minutes, strain, and add cream of tartar, two ounces: dose, half a pint once or twice a day: if the patient hath the jaundice with the dropsy, add to the decoction a handful of celandine, or saffron, twenty grains.

*An Electuary where the Disease proceeds from Hard Drinking.*

Take the pulp of a baked squill: powder of marshmallow roots, half an ounce: powder of cinnamon, one dram: sal prunella and saffron in powder, each half a dram: mix in linitive electuary or conserve of scurvy grass, one ounce and a half: make smooth with mucilage of gum arabic: take the size of a nutmeg twice a day, and wash down with broom, pillitory of the wall, or parsley tea. In a dropsy of the breast, the patient may take fifteen grains of ipecacuhana, and one grain of tartarized antimony, in two ounces of cold water, work off the emetic with chamomile tea, this is for robust constitutions: or take root of senega, one ounce; boil in two pints of water for half an hour, strain, and take two table spoonfuls every four hours: if the patient is troubled with wind may drink ginger tea occasionally.

*Imperial Pills.*

Take from one to two or three pills once a day, wash down with a little geneva and water, or wa-

ter alone, which by being duly persevered in, will cure the dropsy in every stage if attended with a schirrus and bile on the liver : the patient may take as much exercise as possible by walking or riding in a carriage ; a flesh brush may be used to rub the part where the swelling is. Garments of flannel should be worn during the disease, the patient should take as little drink as possible, the thirst may be allayed with all kinds of ripe fruits, oranges, lemons, &c. For the tympany or windy dropsy, smart purges may be taken every third or fourth day, for which two or three of the imperial pills taken once a day are proper. If the patient can smoke tobacco they may learn by smoking coltsfoot, rosemary, lavender, or any dried herbs. For a dropsy of the head, blisters may be applied on the back of the neck or between the shoulders, and kept open sometime ; the feet should be bathed in warm water, and take one tea spoonful of sweet spirit of nitre in a glass of infusion of senna once a day ; a smart purge may be taken once or twice a week with ten grains of nitre added to each dose. A collection of water in the brain is caused by thin serum which stagnates between the membranes of the brain or the dura or pia mater, and is often hereditary and difficult to cure, the symptoms are heaviness of the head, dimness of sight, quick pulse, with continual fever. To cure this disease recourse must be had to blisters on the neck and behind the ears, and should be kept open during the disease, the feet may be bathed in warm water often, the body should be kept open by purges of jalap, or senna, or one or two of the

imperial pills may be taken once a day, by which means I have cured several patients.

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## OF CANKER IN THE MOUTH.

This disease is often caused by the scurvy, scrofula, or picking the teeth with pins, putting pieces of copper or brass in the mouth, for which take of bole arminac in powder, half an ounce : of honey, an ounce : of vinegar, three ounces : roach allum, one dram : powder of myrrh, twenty grains : simmer all together over a slow fire for fifteen minutes, rub the teeth and gums with a piece of linen dipped in the mixture, two or three times a day : the body may be kept open with gentle purges. If it proceeds from the scrofula or scurvy, one or two of the imperial pills may be taken once a day, which will perform the cure.

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## OF TITTERS, OR RING WORMS.

This disease breaks out in eruptions round the waist, and is commonly called the shingles ; the part may be bathed with the juice of celandine, or ink, or the anodyne ointment, and take one or two of the imperial pills once a day, wash down with half a pint of the sweet wood decoction as directed in the scurvy. If the patient is of a plethoric habit and feels a pain of the side, ten or twelve ounces of blood may be let from the arm, or leeches may be applied to the part, or blisters where the pain is.

## OF NERVOUS DISEASES.

To give a full account of nervous diseases would fill a volume, the causes are numerous, as over study, also any of the depressing passions, sedentary employments, living on poor watery diet, the over use of green tea, spirituous liquors, drastic purges, frequent debauches, strong vomits often repeated, miscarriages, floodings, the whites, purgings, obstruction of the menses, long courses of mercury, fever, scurvy, &c. The symptoms are trembling of the hands, oppression of the stomach from indigestion, acids, sickness, loss of appetite, alternate flushes of heat and chills, the body is either bound or a troublesome looseness, the pulse quick and irregular, the patient is subject to pains of the limbs and head, is often fretful, and at other times have an overflow of spirits, the whole frame is so irritable that any sudden fright or loud noise alarms the patient causing the utmost terror, to which succeeds fainting fits, hysterics, convulsions, &c. Hysterical fits are more liable to women than men; those of a relaxed habit whose nervous system is extremely delicate are more or less attacked with this disease.—The symptoms are weariness and debility of the whole frame, to which succeeds deep sighing, yawning, stupor, stiffness of the limbs which gradually ascends towards the stomach and head, the patient feels a sense of suffocation as it were a hard substance in the throat, on which the patient starts at once into unusual attitudes, foams at the mouth with immoderate fits of laughing or crying, the hands are

shut, the fingers bent inwards, which some persons about them often try to open by force during the fit, but is highly improper being dangerous of maiming the hands and fingers ever after; all that can be done during the fit is to keep the patient flat on their back, to lay them on a bed, couch, or the floor, to prevent them from beating themselves in struggling. When the fit is over give the patient one tea spoonful of tincture of asafetida in a tea cupful of cold water; all tight bandages about the body should be loosened, and no spirituous liquors, hartshorn, or spirit ammonia, should be given, as it increases the violence of the disease; after the patient is recovered, they should be kept composed and take this mixture: take of pennyroyal water, four ounces: bryony water, two ounces: tincture of asafœtida, four drams: add sirup of rue or sirup of mugwort, two drams: take one or two table spoonfuls once or twice a day. If the disease proceeds from an obstruction of the messe take these

### *Pills for Obstructions.*

Take of gum myrrh, one dram: of gum asa-fœtida, two drams: of socotrine aloes in powder, two drams: beat in a mortar to a mass with sirup of mugwort, rue, or common sirup, form into middling sized pills: dose, from one to three pills once a day, wash down with a draught of motherwort or pennyroyal tea: or take pill ruffi, one dram: salt of iron, one dram and a half: oil of juniper, twenty drops: sirup of orange peel, enough to make a mass, form into twelve pills:

dose, two or three once or twice a day : or take compound powder of myrrh, from twenty to thirty grains in any liquid or sirup, once a day.

*A simple Infusion for Hysterical and Nervous Diseases.*

Take green rue, half a handful : infuse in a pint of boiling water for half an hour, then add tincture of castor, two drams : tincture of asafœtida, three drams : spirit of lavender compound, two drams : sirup of red poppy, half an ounce : mix and take one table spoonful once or twice a day. To avoid this troublesome disease the patient should live mostly on milk diet, omitting the use of coffee and green tea, also spirituous liquors, should rise early and take as much exercise as possible in the open air, and take their meals regular.

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## OF FAINTING FITS.

This may proceed from confined air, too much heat, loss of blood, frights, sudden surprize, the fumes of metals, charcoal, &c. The person should instantly be removed into the open air, or the windows and doors opened to admit as much air as possible ; the forehead and temples may be bathed with vinegar, and the steam, when heated, held to the nose ; all tight bandages about the body should be loosed, if spirit of hartshorn or compound spirit of ammonia is at hand may be used as the former, and half a tea spoonful may be

given internally in a cupful of cold water. Those who are subject to faint should carry about them volatile spirits, as salts of hartshorn, spirit of lavender, or vinegar, which may prevent them falling into a swoon. If none of the above means are at hand, a raw onion cut through and the juice rubbed on the temples and held to the nose will have a good effect: or a little common salt and water may be taken inwardly.

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## OF MELANCHOLY.

This disease proceeds from many causes, the depressing passions, as grief, fear, despair, love, hard study, striking in of eruptions, obstruction of the menses, scurvy, king's evil, venereal disease, fevers, also from mercury lodged in the habit. The symptoms are horror of mind, dreading future evils which are never likely to happen, a love of solitude, and the patient indulges fancies of the most romantic kind, and is sensible of his own disease, which he can properly describe: the body is generally bound, the stomach and bowels are oppressed with wind, the urine is thin, pale, and in too small quantity, the pulse is languid and sometimes full and quick. If the patient is of a plethoric habit, ten or twelve ounces of blood may be let from the arm, and take the following:

### *Elixir for Melancholy and Madness.*

Take roots of valerian and cassamunair, each two ounces: black hellebore, four ounces: digest

for twenty-four days in two pints of rectified spirit of wine or good French brandy, then strain and press it out well and put to it extract of saffron, one ounce: salt of steel, half an ounce: distilled vinegar, eight ounces: let them steep all together several days in a close vessel, pour it off and strain through a thick cloth: the dose is from twenty to forty drops in a cup of lavender or rosemary tea, once or twice a day, and should be continued some time as it is a most efficacious medicine in all melancholy and hypocondriacal affections in either sex. There is scarcely a case as resists it, it keeps the body laxative, and opens by urine, and will in time scour the glands and most remote recesses of the body of those adhesive slimy humours which spoil the motions of the spirits and lay a load upon the principal wheels of the animal machine, from whence arise those perturbations of mind as renders the unhappy patient miserable, and in a state little better than distraction. If this medicine cannot be obtained, take valerian roots, two ounces: lavender, a handful: rosemary and sage, of each half a handful: boil in two quarts of water over a slow fire for half an hour, strain and add gum asafœtida, two drams: compound spirit of lavender, half an ounce: sweeten with honey or sirup of peony, and take two table spoonfuls twice or three times a day: or take of tartarised kali, one ounce: dissolve in one pint of borage or sage tea, add spirit of lavender, two drams: dose, a wine glassful two or three times a day. The body should be kept open with strong purges of aloes, resin of jalap, salts, senna, &c.:

or take the pills or the sirup against melancholy (*see appendix*). In corpulent habits, an issue may be set in the arm or leg, or a seton between the shoulders, or a plaster of white Burgundy pitch may be constantly worn on the back ; bleeding, if the habit is full, will be necessary. The diet should be nourishing, as veal, mutton, beef, fowls, tripe, fish, eggs, puddings, custards, milk pottage, fruit, tarts, and all kind of vegetables. The drink may be butter milk, sorrel, elder flower, borrage, sage, balm, or pennyroyal tea, avoiding spirituous liquors, wine, ale, &c. If there is an obstructed perspiration, thirty or forty drops of tincture of castor may be taken in a tea cupful of cold water at bed time : or two table spoonfuls of spirit of mindererus in half a pint of barley water, thin water gruel, or wine whey. The patient should never be alone, but keep cheerful company, and take as much exercise as possible, and have a variety of amusements, which with some of the above medicines and proper diet, will produce the most happy effects.

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## OF HYPOCRONDIAC AFFECTIONS.

This disease often attacks people in years, who have been studious from their youth. Men are more liable to it than women ; it may be brought on by grief, despair, or suppression of any customary evacuation, the striking in of any eruption, or too great a drain from evacuation, obstruction of the liver, spleen, or other viscera. Those per-

sons subject to this disease should never fast too long, the food should be nourishing and restorative. The drink, good wine, brandy and water, good sound ale, &c. All windy and acid things should be avoided, and plenty of exercise taken daily, a journey will be of service to a more southern climate, as France or Italy. The cold bath or sea bathing will greatly assist the cure, and take the following :

*Electuary.*

Take conserve of roses, four ounces : powder of prepared iron, half an ounce : of peruvian bark in powder, half an ounce : sirup of rue, enough to make a smooth electuary : dose, the size of a nutmeg, twice a day, wash down with pennyroyal, balm, or sage tea : or take these drops : take volatile tincture of valerian, one ounce : tincture of castor, three drams : spirit of lavender, two drams : tincture of saffron, one dram : mix and take one tea spoonful once or twice a day in a tea cupful of cold water : or take rue, one handful : rosemary, half a handful : infuse in a pint and a half of boiling water for fifteen minutes, strain and add to the liquor, tincture of castor, two drams : tincture of soot, two drams : tincture of asafœtida, two drams : compound spirit of lavender, three drams : mix and take one table spoonful once or twice a day, in a tea cupful of rosemary or borrage tea or cold water. The body should be kept open by mild purgatives, tea and coffee must be avoided, exercise in the open air with cheerful company is of singular service.

## OF THE PALSY.

This disease is often caused by some effect of the nerves which cuts off the rays of the spirits and suddenly deprives the part of motion. If it attacks the brain, heart, lungs, intestines, or bladder, it often proves fatal. If it attacks the arm, leg, or one side of the whole body, the part affected feels cold and insensible, and gradually wastes; if the intellects fail the speech is faltering, and the person aged there is little hopes of a cure. If the disease proceeds from too heavy a nervous juice, which lays a weight on the part causing a numbness but does not wither and shrink the limb, and the patient is young, this kind of paralitic is cureable. The part affected may be rubbed with this liniment every night going to bed: take of the soldier's ointment, two ounces: (*see appendix*) oil of spike, oil of amber, each three drams: powder of euphorbium, twenty grains: oil of rosemary, one dram and a half: mix for use: and take decoction of peruvian bark, two ounces: of volatile tincture of guiacuam, one dram: of antimonial wine, forty drops: mix and take two or three tea spoonfuls every three or four hours in a little cold water or alone: or take peruvian balsam, half a dram: simple cinnamon water and spring water, each an ounce: of volatile aromatic spirit and sirup of saffron, each one dram: of lac ammoniac and pennyroyal water, each four ounces: mix and take one or two table spoonfuls every four or six hours: or take volatile tincture of asafœtida, three drams: balsamic sirup, six drams: mix and

take two tea spoonfuls in a tea cupful of horseradish tea or cold water every four hours, or take this electuary: take mustard seed beat well with water, one ounce: strain it through a sieve to clear it from the husks, then add conserve of rosemary flowers, one ounce: spirit of lavender, two drams: mix into an electuary: dose, the size of a nutmeg twice a day, drinking after it a cupful of rosemary or valerian tea: or take this decoction: take rosemary, a handful: valerian, an ounce: mustard bruised, an ounce: horseradish root sliced, an ounce: boil in one quart of water for half an hour: strain and take two table spoonfuls twice a day, add to each dose, twelve drops of spirit of lavender. Blisters may be applied over the part affected, when one is taken off apply another on the adjacent part; if that hath not the desired effect, electricity will often be of service, and must be repeated every other day for a few weeks, during the same, the patient may take these drops: take spirit of lavender, half an ounce: sal volatile, two drams: tincture of valerian, two drams: tincture of spanish flies, twenty drops: mix and take from forty to sixty drops in rosemary tea or cold water twice a day: or take one tea spoonful of sal volatile or spirit of hartshorn in a cupful of wine whey at bed time. An infusion for aged persons and cold constitutions, take horseradish roots sliced and mustard seed bruised, of each four ounces: of saffron, one dram: infuse in three pints of boiling water twenty-four hours in a vessel close covered strain and take three or four table spoonfuls morning and night.

*Mustard Electuary.*

Take powder of mustard seed, half an ounce: conserve of rue, two ounces: sirup of stoeches, a sufficient quantity: oil of rosemary and lavender, each four drops: mix and take one tea spoonful once a day, drinking after a cupful of misletoe or rosemary tea: this wonderfully quickening the sense and motion of the fibres in constitutions that are overcharged with cold rheums and fluxions, which may convey their effects to some principal parts of the body causing numbness and contraction, and is something similar to the palsy, only this comes on gradually and palsies suddenly; those afflicted with this disease may have ten or twelve ounces of blood let from the arm, and afterwards use a warm bath or stand in a tub of hot grains as soon as the wort is drawn off, should be covered up to the neck and remain in half an hour, afterwards be laid between warm blankets to sweat, and take one tea spoonful of volatile tincture of guiacuam in a tea cupful of cold water: or take fifteen grains of compound power of ipecacuhana in half a pint of wine whey: or two table spoonfuls of spirit of mindererus in half a pint of wine whey every three hours; the patient may lay in bed until a profuse sweat comes on, which will often give relief. Those who can afford to go to the warm bath in Somersetshire or Buxton wells in Derbyshire, will often receive a cure. The diet should be nourishing and well seasoned with spices. The drink should be brandy and water, mustard, whey, white wine, &c. avoiding tea and coffee,

taking plenty of exercise, especially on horseback, or long journies in a carriage, will be of service.

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## OF THE APOPLEXY.

This disease is acute and dangerous, the patient suddenly falls down and to all appearance is deprived of life, and it often proves fatal. The sanguine apoplexy is caused from an overcharge of blood which moves too quick towards the head : the symptoms are a heaviness and swimming of the head, the countenance is florid, the eyes red, the breathing difficult. In the serious apoplexy the complexion is pale with a vertigo and heaviness of the head. Both kinds may proceed from violent passion, intense study, suppression of any usual evacuations as the menstrual discharge, issues, or the striking in of any eruption. In the sanguine apoplexy blood should be immediately let from the arm, leeches may be applied on the temples and neck ; if it happens where there is no medical assistance at hand, those persons present should endeavour to force some blood from the nose by introducing any sharp instrument up the nostrils, or blow through a quill a little powder of hellebore root, asarabacea, or pepper, or Scotch snuff, may have a good effect ; the feet and legs may be put in warm water for fifteen minutes, afterwards the soles of the feet may be bathed with a little spirit of hartshorn : or a raw onion may be cut through and bound on the soles of the feet, or some bruised garlic may be used in the same way. After the fit

is over a smart purge should be taken, or the purging clyster may be given (*see appendix*). The diet must be light, and the drinks diluting and of an opening nature, such as cream of tartar tea, senna and prunes, whey, &c. and take the following mixture: take simple pennyroyal water, six ounces: volatile tincture of valerian, one ounce: of sirup of saffron, half an ounce: mix and take one or two table spoonfuls every three hours: or take Russia castor in powder, twenty grains: of aromatic species, ten grains: mix and divide into four doses: one may be taken every six hours in a tea cupful of balm tea or barley water: or take of diaphoretic antimony, four grains: in a tea cupful of wine whey every four hours: the patient must lay in bed to encourage sweating. If there is any fever, two table spoonfuls of spirit of mindererus may be taken every four hours in a little barley water or wine whey, in room of the former: or take two of the imperial pills once a day, and wash down with infusion of broom buds, pillitory of the wall, or the wild carrot, which will perform a safe and efficacious cure. In the serious apoplexy blisters must be applied behind the neck, ears, or inside of the thighs, and kept open whilst any symptoms of the disease remain. Those inclinable to this disease should eat but little at once and take light suppers; if of a full habit should be let blood every spring, and beware of wet feet, damp beds, or wearing any thing tight round their neck.

## OF THE EPILEPSY.

This disease mostly attacks people who live high, drink rich wines or spirituous liquors: sometimes it is a symptom of the small pox, measles, or worms in children: it begins with pain of the head, drowsiness, dimness of sight, difficult breathing, in the fit the patient makes an unusual noise, the eyes are distorted with straining and foaming at the mouth, and frequently discharging the urine involuntarily, are destitute of sense or reason during the fit, after which the senses gradually return, only a stupor or giddiness remains attended with pain of the head, and the patient hath no remembrance of what happened. On the first attack ten or twelve ounces of blood may be let from the arm and repeated if necessary, leeches may be applied to the temporal arteries, and blisters be laid on the back between the shoulders; all tight bandages about the body should be loosed in the fit, the temples may be bathed with vinegar, the feet immersed in warm water, a carminative oyster may also be given (*see appendix*) and take this powder: take musk powdered, ten grains: powder of mistletoe, one dram: powder of Russia castor, half a dram: mix and divide into six doses, and give one every four hours in a little conserve of rosemary roses or sirup of orange peel: or take valerian roots, rue, rosemary, and sage, each half a handful: moss cups, one ounce: boil in two pints of water for half an hour, strain the decoction and take a tea cupful twice a day, adding compound spirit of lavender, twelve drops, to

each dose: or take conserve of rosemary flowers, an ounce: male peony roots powdered, half an ounce: native cinnabar, half an ounce: candied nutmeg, two drams: or powder of nutmeg: mix into an electuary with sirup of peony or orange peel: take the size of a nutmeg every six hours, and wash down with motherwort or pennyroyal tea: or take these pills, take native cinnabar prepared, two drams: powder of castor and salt of amber, of each half a dram: of musk powdered, forty grains: of balsam of Peru, one dram: mix into a mass for pills, form into forty pills with mucilage of gum arabic or common sirup, take two or three every six hours. If the patient is costive, take this mixture, take powder of rhubarb, one dram and a half: of aromatic confection, one dram: simple mint water distilled, four ounces: common water, two ounces: mix and take two or three table spoonfuls every four hours: or take three or four imperial pills every second or third day, which, with electricity repeated a few times, will often cure an epilepsy.

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## OF ST. VITUS DANCE.

This disease is a convulsive motion of the whole body, the reason fails, the patient talks of incoherent things. The cure may be performed by frequent purges, sea bathing, or a cold bath: if the patient is young and of a full habit, some blood may be let from the arm or foot, and take the medicines as directed in the epilepsy: if the patient

is fond of music it will often have a good effect in removing this disease.

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## OF THE HICCUP.

This disease is a convulsion of the stomach, diaphragm, &c. It may be caused by excess of drinking, or eating solid food and taking no drink with it, it may also proceed from a schirrus, poly-puss, or cancer of the internal viscera, or from inflammation, or mortification, in which it is a forerunner of death. If it proceeds from inflammation, the patient must be let blood, and take the medicines as directed on that subject. If it proceeds from a load on the stomach from undigested food, an emetic will remove it, or good French brandy. If it continues for a length of time take the following :

### *Musk Julep.*

Take rose water, six ounces : musk, forty grains : gum arabic powdered and double refined sugar, of each one dram : rub the musk first with the sugar, then with the gum, and add the rose water by degrees : take two table spoonfuls every two or three hours, until the symptoms abate. If the spasm proceeds from inflammation, take one dram of Peruvian bark in powder, with four grains of nitre added, every four hours in a tea cupful of weak chamomile tea : a little red port wine may be taken with twenty drops of tincture of musk added : or forty drops of tincture of valerian in a little cold

water every six hours: the latter is designed when the musk julep is not taken, and the patient is weak.

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## OF THE NIGHT MARE.

This disease attacks the patient whilst in bed, with a weight all over the body similar to death. If the patient can move some part of the body, or is shook by any other person, the oppression goes off. It proceeds from obstruction of the nervous fluids in the stomach or brain. If the patient is of a plethoric habit, bleeding will remove it, but delicate or aged persons may take one tea spoonful of compound spirit of lavender, in a little cold water at bed time: or take compound spirit of ammonia, tincture of saffron, tincture of castor, and tincture of valerian, of each two drams: mix and take one tea spoonful in a little balm tea or cold water at bed time.

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## OF MINERAL AND VEGETABLE POISONS.

Nothing tends to counteract poisons more than oil, fat, or vinegar; also emetics, particularly that which is caused by narcotic herbs, such as hemlock roots, henbane, thorn apple, berries of deadly nightshade, opium, mushrooms, &c. Children often pick up and eat berries and roots in the fields and gardens, by which many have been poisoned.

and died for want of immediate assistance. The symptoms are stupor and numbness which often takes away the use of the limbs, the face and tongue swells, the breathing difficult, the pulse low with convulsions. If the poisonous substance hath not passed the stomach, an emetic may be taken from ten to fifteen or twenty grains of ipecacu-hana in an ounce of cold water, and may be worked off with cardus benedictus or chamomile tea: or take tartarized antimony, six grains: dissolve in half a pint of cold water: take one or two table spoonfuls every fifteen minutes until it operates: or take from ten to fifteen grains of vitriolated zinc in half a pint of marshmallow tea or cold water: or take the root of daffodil, half an ounce: boil in half a pint of milk or water, twenty minutes, take at once: after any of the emetics are worked off take this:

### *Mixture.*

Take salad oil, two ounces: powder of contrayerva, six grains: milk, half a pint: mix and take at twice: or take for emetics, vinegar of squills, an ounce: or take groundsel, a handful: boil in a pint of milk or whey, and take a tea cupful every fifteen minutes: the two latter will also vomit. If the poison is past the stomach, take one table spoonful of the juice of the stinging nettle, mix with one table spoonful of vinegar: take every two hours, and give the emollient clyster every two hours (*see appendix*) or milk and olive oil mixed. If the patient is poisoned with opium, sharp clysters may be given, some blood may be let from

the arm, and take tincture of Spanish flies, twenty drops : in half a pint of nettle or rosemary tea, or cold water, every two hours. The patient should be roused and kept in continual motion, blistering plasters may be applied on the stomach and different parts of the body, electricity will have a good effect ; the soles of the feet may be bathed with spirit of hartshorn, tincture of Spanish flies, or rubbed with the juice of a raw onion or garlic. If the tincture of canthries taken internally should cause a stranguary, may be relieved by taking a tea spoonful of sweet spirit of nitre, or fifteen grains of nitre in half a pint of marshmallow tea, or a solution of gum arabic, half an ounce may be dissolved in a pint of water, take occasionally. Of mineral poisons, those who have taken muriated quicksilver, cobalt, &c. may take kali, four drams: mix in a pint of water : take four or six table spoonfuls every ten or fifteen minutes until a vomiting comes on, which must be continued until the poison is discharged. Those poisoned with arsenic may take two table spoonfuls of olive oil, melted butter without salt, or cream, immediately : afterwards take fifteen grains of ipecacuhana and two grains of tartarized antimony, dissolve in four ounces of chamomile tea or cold water, work off with thin water gruel : where this emetic cannot immediately be obtained, any of those directed under narcotic poisons will answer the purpose. If the poison is descended into the intestines, clysters must be given, take marshmallows, two handfuls : boil in two pints of water, strain, and add olive oil, three ounces : half a pint may be

thrown up every two hours milk warm, and must be continued until the symptoms go off; during the operation of the cathartics the patient may take doses of olive oil, milk, cream, or fat broth, and be sipping constantly until the poison is carried off, which may be known by the sickness, pain of the stomach and bowels abating; afterwards the patient may take one tea spoonful of balsam of mecca every four hours in a tea cupful of marsh-mallow tea, decoction of linseed, barley water, or water gruel. Those who have taken oil of vitriol or aqua fortis, may take rose water, eight ounces: magnesia, half an ounce: crabs' eyes prepared, half an ounce: oil of sweet almonds, one ounce and a half: mix and take two table spoonfuls every ten or fifteen minutes, between which the patient may drink frequent draughts of barley water, water gruel, fat broth, whey, or linseed decoction. Those who have taken red lead, white lead, or sugar of lead, may take one dram of flower of brimstone in a tea cupful of thin water gruel every fifteen minutes until the symptoms go off: flower of sulphur will take off salivation when in danger of killing the patient, dose as the former.

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## OF BITES OF POISONOUS ANIMALS.

### BITE OF A MAD DOG.

As soon as the bite is given the wound may be rubbed with quicksilver ointment every four hours, or may be bathed with the best vinegar or a strong

mixture of common salt and water, or this decoction, take dittany of creet, leaves of box tree, cardus benedictus, dwarf elder, of each a handful : boil in two pints of water for half an hour, strain, and foment the wound every two hours. Some blood may be let from the arm, leeches may be applied to the wound, or cupping or scarrification, or to cut out the part, and take the following powder ; take of ash-coloured ground liverwort, two ounces : black pepper, one ounce : powder of contrayerva, one dram : beat into powder and take from one dram to two drams in half a pint of cow's milk every morning fasting, continue the use of it for one month, and often go into a cold bath during the course ; or take this electuary ; take Venice treacle, four drams : conserve or sirup of rue, two ounces : powder of contrayerva, two drams : Æthiop's mineral, one dram : powder of plantane, four drams : make an electuary, and take the size of a hazle nut twice a day : or take one table spoonful of the juice of English gentian root every morning fasting and the last at night, bathe the wound with the same, afterwards apply a poultice of the roots of garlic : or take internally one or two table spoonfuls of the juice of water germander, twice a day. Persons who live in the country that are bit by a mad dog, may wash the wound with the warm urine of a cow frequently, which will have a good effect ; or dissolve an ounce of crude sal armoniac in a pint of plantane tea or cold water, and bathe the wound frequently. I have cured several patients when the hydrophobia was approaching, with the following :

*Imperial Pills.*

Take two pills fasting in the morning and two or three at night, wash down with the following : take of gentian root sliced, an ounce : or water germander, an handful : boil in two pints of water, strain, and take half a pint after the pills, or cold water. During this course the wound may be bathed with this solution : take of muriated quicksilver, twenty grains : dissolve in two ounces of rue tea, or one ounce of spirit of wine, or cold water, bathe the wound with a little twice a day. The diet must be light and in small quantities, avoiding animal food, fish, salt, spices, wine, and spirituous liquors. During the danger, those who prefer sea-bathing, must continue at least six weeks, and be dipped some distance from shore.

**BITE OF AN ADDER, VIPER, RATTLE SNAKE, ECT.**

As soon as the bite is given, take vinegar and rue bruised together, press out the juice and bathe the wound, or apply leeches on the part, or scarify, or cup, or cut, or burn out the part with a caustic, or take the herbs adder's tongue, plantane, and heads of garlic, equal quantities, bruise all together and lay on the wound. Nothing can be a safer cure than to take the adder or viper, kill it, open it, and take out the fat which lies near the back bone, and anoint the part with it until the symptoms disappear, and take this emulsion : take sallad oil, two ounces : the best wine vinegar, four ounces : juice of plantane, an ounce : sirup of rue, two drams : mix, dose, one table spoonful every

two hours: or take one tea spoonful of compound spirit of ammonia every two hours in cold water: or sea holly, called eringo root, one ounce: viper's buglos, one ounce: madwort, an ounce: creatan balm, an ounce: gather the herbs when beginning to seed, dry them in the shade, powder each separate, and keep in a bottle for use, must be close corked: the dose is to grown persons twenty grains in a glass of white wine or cold water once a day: or take of white dittany in powder, one dram in balm tea every four hours; this is proper for the bite of a mad dog as well as the viper, the whole limb must be anointed with sallad oil three or four times a day. If the accident happens where no immediate assistance can be had, the part may be where the bite is given cut out or burnt with a caustic until the wounded part is destroyed, afterwards dress with a poultice of olive oil and barley meal mixed. For the bite of the rattle snake, take bistort root, six ounces: of angelica root and zedoary, of each four ounces: of Virginia snake root, three ounces: of clove bark, an ounce: of winter cinnamon, an ounce: bruise the ingredients and infuse in four quarts of red port wine, or canary, or raisin wine, for six hours, afterwards simmer over a slow fire for half an hour, strain, sweeten with sirup of lemons or sirup of vinegar: dose, two or three table spoonfuls every three hours. This is an excellent medicine for the bite of a mad dog, viper, or any vegetable poison which is taken inwardly, it must be taken as soon as possible after the bite is given or the poison is taken,

## FOR STINGING OF BEES, WASPS, AND HORNETS.

First draw out the sting, then take honey, sweet oil, and one head of garlic bruised, mix them all together and lay on the part: or take chamomile flowers and elder leaves, half an handful: boil in one pint of water and foment the part frequently.

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PERSONS STRANGLED.

Many of these casualties happen where no assistance is at hand, therefore it is necessary that those who are the first spectators should endeavour to restore departing life, and not fly from their unfortunate fellow creatures to some neighbour's house to inform them of the melancholy news when in that time assistance may come too late. The first thing to be done is to cut or disentangle the thing made use of, and to take off the shoes and stockings and strike the soles of the feet with the open hand, afterwards take off the apparel, and put the patient into a warm bed; but if some blood can be drawn by forcing any sharp substance up the nostrils it will be of service where a lancet is not at hand, and that should be performed as soon as the party is taken down; blood should be let from both arms or the temporal arteries, or leeches may be applied to the temples, the body must be rubbed from head to foot with hot cloths, the soles of the feet may be bathed with spirit of hartshorn, tincture of cantharides, or brandy; volatile spirits may be held to the nose and bathed

about the temples, the breath of any strong person may be breathed down the throat, the legs may be immersed in warm water and brandy added; a clyster may be given, or tobacco-smoke thrown up the intestines with a common pipe. If electricity can be had, it will have a good effect, the stroke may be applied near the heart, which may give motion to the vital spirits and set the whole functions to action; hot bricks applied to the feet will have a good effect. When the patient is recovered give a little warm wine or weak brandy and water, or one tea spoonful of spirit of ammonia or spirit of hartshorn in a little cold water. The patient must be kept composed and take light and nourishing diet for sometime. The body must be kept open with gentle purges. Persons suffocated by the fumes of metals, or the vapour of charcoal, or the damp of coal mines, deep vaults or wells, wine cellars, close rooms, &c. should be immediately removed into the open air, all tight bandages about the body must be loosed, the fumes of hot vinegar should be steamed down the throat, the face, nostrils, neck, and breast may be bathed with spirit of hartshorn, sal volatile, brandy, &c. The purging clyster may be given (*see appendix*) and the same treatment as directed for persons strangled.

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## PERSONS DROWNED.

As soon as the person is taken out of the water they should be held up by the feet or laid in a pos-

ture that the water may run out of the mouth, the whole body should be rubbed with hot salt and afterwards covered with warm sand or ashes ; clysters must be given made of strong chamomile infusion with a little brandy added, the spine of the back may be bathed with spirit of hartshorn or tincture of canthris and water, equal parts mixed ; a little powder of white hellebore root or black pepper may be blown up the nostrils with a quill, and a solution of two grains of tartarised antimony dissolved in two table spoonfuls of chamomile tea or cold water, may be dropped down the throat with a feather, or with a tea spoon, to be repeated every fifteen minutes until four grains are taken, which will cause a vomiting if animation is not wholly extinct ; the breath of a robust person may be breathed down the throat and forced back again by pressing the stomach with the hands, the person who does this operation may chew in their mouth a little ginger or pepper, or take some brandy, or a tea spoonful of spirit of ammonia or hartshorn in a little water, or the fumes of tobacco may be blown down the patient's throat. If there is a full habit a vein in both arms may be opened, also in the feet, if a little blood can be obtained will greatly assist in restoring animation. When the patient is a little recovered some warm wine whey or wine and water, or weak brandy and water may be taken ; they must lay in bed and be kept quiet, the body must be kept open by gentle laxative physic, as infusion of senna, tincture of rhubarb with small doses of kali or nitre added (five grains to a dose) or two table spoonfuls of the sa-

Aine julep may be taken every four hours (see fevers) or the diuretic medicines may be taken as directed in the dropsy. By the above means I recovered a woman of near seventy years of age who had been under water more than fifteen minutes, all other medical assistance had been used without the desired effect.

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## STOPPAGE IN THE THROAT, STOMACH, AND BOWELS.

When any substance is taken into the throat which lodges and cannot be brought up or down, means must be used to extract it. If the party hath resolution enough to put their thumb and fore finger down so far as the part the substance might be either brought up or forced down into the stomach; if it is out of their reach a pair of pliers or tea tongs, or a wire bent at the end in form of a hook may be put down the throat and take hold of the substance and draw it out, which if impracticable it must be forced down, and half an ounce or an ounce of castor oil may be taken every six hours until it passes through the body. Persons should not give children pieces of money or other small articles to play with, as such things being swallowed often kills the child. During my practice in London I saw a child which had swallowed a farthing, it languished several months, and then died, poisoned by the verdigrease, the child was opened and the farthing was found in the stomach. I saw another child that had swallowed a crooked

pin, which fixed across the bowel duodenum and caused a gangrene, which terminated in death. When any dangerous substance is passed into the stomach, an emetic should immediately be taken of fifteen grains of ipecacuhana and one grain of tartarised antimony, to children antimonial wine or ipecacuhana wine, should be given, (*see appendix*).

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## OF BURNS AND SCALDS.

As soon as the accident happens apply over the part, if the burn or scald is not deep, a little spirit of wine or linseed oil, or the balsam of chrystal (*see appendix*) ; where these are not at hand a potato scraped may be applied, or treacle, or yeast, or take ground ivy two handfuls : house leek, one handful : bruise them, and add cream, one pint : mix and simmer over a slow fire ten minutes, strain, and anoint the part with a feather, or wet a linen cloth in the liquor and lay over the part, repeat until the pain abates and the inflammation goes off, afterwards dress the wound with the anodyne ointment or this plaster : take Genoa oil, eight ounces : honey, eight ounces : diachylon with the gums, four ounces : yellow bees-wax four ounces : melt all together over a slow fire, keep stirring until they are mixed : the part may be dressed with it once or twice a day, the body should be kept open with cooling purges. The diet should be simple avoiding spirituous liquours, wine, salted meat, spices &c. If the wound is disposed to gangrene

it may be bathed with a decoction of chamomile flowers boiled in water, to an ounce of the liquor add one tea spoonful of tincture of myrrh, and the patient may take one tea spoonful of powder of peruvian bark in a glass of red port wine and water or water alone, every four hours: if one or two of the imperial pills are taken once a day no other physic is needed.

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## OF BRUISES AND SPRAINS.

Apply to the part good verjuice, vinegar, or spirit of wine and camphor with a few drops of tincture of myrrh added, eight or ten ounces of blood may be let from the arm or leeches may be applied near the part, or take the herb Solomon's seal, four ounces: olive oil, four ounces: simmer over a slow fire until the herb is crisp, strain, and anoint the part with this liniment once or twice a day. For sprains, the part may be bathed with Goulard's mineral water (*see appendix*) or good verjuice, or vinegar, or the spirit of mindererus, or a poultice may be made of bran and vinegar simmered up together, and lay over the part, the patient should lay in bed during the cure.

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## FRACTURES OF THE BONES.

When a bone is fractured or broken a surgeon should be called in, but where none are at hand and immediate assistance is wanted, it would be

necessary to use the following means, if the fracture is on the head or on the spine of the back it is exceeding dangerous, should the spinal marrow be bruised it often proves fatal, the patient loses the speech and use of the limbs, and frequently dies in a few days. The fractured part should be fomented with the following: take chamomile flowers, half an ounce: Peruvian bark, half an ounce: boil in two pints of water, strain, and add vinegar, four ounces: tincture of myrrh, half an ounce: bathe the fracture with the liquor moderately warm, or bathe the part with oxycrate; some blood may be let from the arm. If the patient is costive, a laxative clyster may be given, or gentle purges may be taken; if the part feels cold and insensible this plaster may be laid over it: take of bees-wax, four ounces: of common pitch and gum galbanum, each two ounces: melt over a slow fire and add of gum olibanum and Venice turpentine, of each half an ounce; mix all together and make into a plaster: a little of this may be spread on linen or leather, and lay over the part, or a plaster of compound laudanum will answer as the former: these are proper for fractures of the ribs. If a bone is broken of the arm, leg, or thigh, the patient must be let blood, and lay in bed in a strait posture, one person should take hold of the part below the fracture and draw the limb in a strait line whilst another places the bone even with the other bone, a bandage must be wrapped round the fractured limb but not too tight. During the confinement the diet should be panado, veal broth, sago, tapioca, chocolate, milk pottage, oysters, eels,

fowls, jelly of calves' feet, custards, eggs, tripe, &c. The drinks may be barley water, whey, decoction of linseed, marshmallow, tamarinds, mint, balm, or sage tea ; all spirituous liquors, wine, and ale, must be avoided except the patient hath been used to live high, then a little wine may be taken alone or mixed in the drinks occasionally. The body must be kept open with prunes, apples, cream of tartar tea, or linitive electuary in small doses, or half an ounce of castor oil occasionally. If the part near the fracture swells and looks purple or livid there is danger of a mortification ensuing, the patient may take a tea spoonful of the powder of Peruvian bark and four grains of powder of myrrh in a little weak chamomile tea, port wine, or water alone, every three hours. If the arm is broken it should be kept in a sling until it is well.

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## OF RUPTURES.

This disease is very liable to male children, also aged men, but seldom happens to females except from hard labours and unskilful efforts in too hasty a delivery in child birth, it may proceed from excessive crying, or convulsions in children ; in older people, lifting up heavy loads, coughs, blows, vomiting, and the like, in short any thing that tends to relax the habit, as indolence, living on poor watery diet, violent fits of the stone, too much exercise, and costiveness, may bring ruptures, therefore care should be taken to avoid the above causes. As soon as any small knot or swell-

ing appears in the groin, with a fullness the lower part of the belly, the patient may be laid on their back and the gut which hath made way through the caul or omentum must be returned with the hand gently pressing it upwards, and a truss or bandage ought to be immediately fixed on the part so that it may be confined until medicine and other necessary treatment can have a fair trial to perform a cure. Bleeding in grown persons is necessary, afterwards clysters of an emollient nature may be thrown up, if the patient is costive the fumes of tobacco smoke blown into the intestines will often have a good effect, laxative purges may be taken after the bowel is returned, and take the following:

*Electuary for Ruptures.*

Take comfrey root, two ounces: grate or pound it to a pulp, add conserve of roses, one ounce: powder of blood stone, two drams: dragon's blood, one dram: alum powdered or japan earth, one dram: balsam of Peru, half a dram: oil of cinnamon, six drops: sirup of coral, enough to make a smooth electuary: dose, the size of a nutmeg twice a day and wash down with any liquid.

*Decoction for the same.*

Take oak bark, half an ounce: plantane seeds, one ounce: red rose leaves, a handful: boil in a pint and a half of water for half an hour, strain, and sweeten with loaf sugar or sirup of poppy, half an ounce: dose, two or three table spoonfuls

every four hours : dose, to children, three or four tea spoonfuls once or twice a day : or take shepherd's purse or yarrow, a handful : boil in a pint of water fifteen minutes, strain, and sweeten with loaf sugar : dose, to grown persons two table spoonfuls, dose to children, three or four tea spoonfuls, two or three times a day : or take of Solomon's seal, a handful : boil in a pint of smith's forge-water, strain, and sweeten with loaf sugar : dose, a wine glassful once or twice a day : or take the powder of germander, one dram : once a day in any liquid. But care must be taken in costiveness not to take astringents too soon, but to keep the body open with laxative clysters, or laxative medicines, for which one imperial pill taken once a day will answer the purpose. Sometimes a stool cannot be had owing to the bowel presenting through the part the rupture happens, which must be returned back again or it will prove fatal, as it deprives the excrement passing through the intestine canal and entering the rectum ; therefore, all mothers and nurses should inspect the parts liable to be broken, when children are very long without a stool, as the obstructed bowel may take an inflammation, mortification, and terminate in death.

### *A Plaster for Ruptures.*

Take bean flower, an ounce : oak bark in powder, an ounce : dragon's blood, two drams : powder of sage, red roses, and plantane seeds, of each half an ounce : boil gently in half a pint of smith's forge water : add hog's lard, an ounce : when it is

of a proper thickness, spread on linen cloth and lay over the part. The patient should lay in bed until the part is settled and take any of the former medicines, or one tea spoonful of the Peruvian bark in powder in half a tea cupful of cold water, adding twenty or thirty drops of acid elixir of vitriol to each dose, take every four hours. The diet must be light, the drink emollient, avoiding all sauces, stale or windy aliment, spirituous liquors, and continue wearing a truss or bandage for sometime after the disease is cured, as the part will remain weak and be liable to a relapse.

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## OF FISTULAS.

This is a hollow winding ulcerous sore situated in the anus, and may be caused by the scurvy, scrofula, venereal disease, the stoppage of customary evacuations, &c. The patient may take one or two of the imperial pills once a day, and anoint the part with the anodyne ointment, and use the regimen as recommended on the scurvy, scrofula, or venereal disease, will seldom fail of performing a safe and efficacious cure. Sometimes a fistula may be cured by cutting, and if it proceeds from an ill habit of body the imperial pills may be taken until the disease is cured.

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## ULCER IN THE WOMB.

This disease may proceed from the same causes

as the fistula, and may be cured by an injection for the womb (*see appendix*). If the uterus falls down, a cloth may be worn to keep it up, or a ring made of box-wood or ivory may be introduced into the vagina and remain to keep up the part, or the strengthening injection may be thrown up with an ivory female syringe once a day (*see appendix*). The patient may take one or two of the imperial pills once a day which will correct the acrimony of the juices and perform a cure in both ulcer and cancer of the womb.

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## OF WENS, POLYPUSS, AND WARTS.

A polypuss is a substance which proceeds from the lymph of the blood, and is often found in the large blood vessels, also the stomach, head, nostrils, &c.; it is void of feeling, and when ripe, may be taken out of the nostrils in the following manner, take hold of it with a small pair of forceps or a pair of plyers, and keep twisting it round until it comes out by the roots; sometimes much blood will follow and often but little, the operation is easy to perform. Warts may be taken away by touching them with oil or spirit of vitriol a few times, or with blue stone, or a caustic. A wen is a substance which grows on the surface of the skin externally, and is often filled with an oily substance; on its first appearance it may be dispersed by anointing with the volatile liniment, anodyne ointment, or make a plaster of unslacked lime, half an ounce: of black soap, an ounce:

mix together and spread on a woollen cloth, lay on the wen, repeat until it wastes a way; or an issue or seton may be set near the part and kept open until the wen disappears: electricity will often repel wens.

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## RULES FOR PHLEBOTOMY OR BLEEDING.

Many persons on the slightest illness make a rule of being let blood without consulting a medical professor, others when nothing ails them are bled every spring and autumn supposing it will keep off diseases, when in reality it may bring on numerous diseases, especially in delicate constitutions, and relaxed or dropsical habits where the blood is poor, broken, and watery. Hence no person who values their health should be let blood except necessity requires it, as in pleurisies, apoplexies, epilepsies, inflammations, convulsions, falls, bruises, bursting of blood vessels, the turn of life, obstruction in females, miscarriage, asthmas, quinsy, beginning of consumptions, frights, and a plethoric habit when the blood is sizey, also head aches, recent coughs, colds, &c. But in all nervous diseases it must be avoided. Persons who undertake this operation should be acquainted with the anatomy of the human body to know when an artery or tendon lies under the vein which is designed to be opened, a fillet must be bound round the arm two inches above the elbow, the operator must press their finger on the vein to feel

if there is a pulsation or beating under the vein, which if there is, an artery lays under it and it must not be opened except by a skilful practitioner ; if a tendon lies under the vein it feels hard to the touch like a cord and is unsafe to open. To perform this operation the patient may hold a stick in their hand which must be a little descending, the operator should hold the lancet between the fore finger and thumb, and as much of the point left bare as is necessary to pierce the vein, the orifice must be made length ways, the lancet must not be pointed down in the vein but slanting, as when the point is forced downwards and too deep may cut through the vein. If any accident should happen to young or unskilful operators to cut through a vein into an artery, an incision may be made in the neighbouring part, and if the artery can be come at may be sewed, or tents may be introduced wet in the balsam of mecca with addition of a little dragon's blood or any other astringent ingredient, after the artery is healed the part may be dressed as other green wounds. After every operation the lancet should be washed in cold water, wiped dry, and kept clean from rust ; before every operation the point of the lancet must be examined that it is not broken. The quantity of blood taken may be determined by the habit of the patient or the urgency of the disease ; in robust and plethoric habits when the disease is inflammatory a greater quantity may be taken than from weak delicate persons, which if too much blood is taken will be injurious. No females should be let blood during the menstrual discharge.

## DIRECTIONS FOR THE PREPARATION OF MEDICINES.

As my motive in all cases is to answer the end with as few medicines as possible, which is not only as efficacious in diseases, but will procure the best opinion from those whose applause is most valuable, as it not only supports the dignity of the profession but secures the satisfaction of a good intention, both to save the constitution and pockets of those who go by the rules laid down in my treatise; and in particular I have set down most of the prescriptions separate in order that those who have not convenience or skill to manage the ingredients to the best advantage may both for their own case and to answer the intention of the cure, write out what is proper for their disease and carry to a druggist to be prepared; but in acute cases which are generally dangerous, there is no such regard required, but the earliest assistance should be called in that can be had according to the exigency of the case; and it is commendable in those of little judgement so far to render themselves useful as to give the first thing at hand which is proper for the patient's disorder, and to regulate the quantities according to their age and strength. Those who cannot afford expensive medicine, may first try the most reasonable, which may often perform the cure as soon as the most pompous preparations, and if one doth not reach the cause to try another; but it is prudent to begin with under doses and increase gradually, by which means every one may know

the strength of their own constitution as well as those they administer medicine to ; it is also necessary to purchase the best drugs as the cure often depends on the ingredients. To conclude, I would advise every patient to continue the medicine sometime after they find themselves restored, as leaving off too soon often causes a relapse.

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## APPENDIX.

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OF THE

### PREPARATION OF MEDICINES.

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#### POWDERS AND SPECIES.

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##### *Compound Powder of Contrayerva.*

Take of compound powder of crab's claws, six ounces: contrayerva root, two ounces: make them into a powder. This medicine is alexipharmac and may be taken from three grains to one dram according to the age of the person.

##### *Countess of Kent's Powder.*

Take of the magistry of pearls, one ounce: of crabs' eyes prepared, an ounce: of white amber prepared, of hartshorn, magistry of white coral, lapis contrayerva, each one ounce: mix and add powder made of the black tips of the great claws of crabs, six ounces: reduce the ingredients to a fine powder, and sift through a fine sieve, and add

one ounce of true oriental bezoar: make these up in a mass with jelly of hartshorn, colour it with saffron, and put in when wet, twenty grains of amber grease, ten grains of musk finely powdered, make them into small troaches and dry them gradually without the heat of fire. Dose, from four grains to twenty.

*The real Dr. James's Powders.*

Take antimony, calcine it with a continual protracted heat in a flat unglazed vessel, adding to it from time to time a sufficient quantity of any animal oil and salt well dephlegmated, then boil it in melted nitre for a considerable time, and separate the powder from the nitre, by dissolving it in water. Dose, from three grains to nine or ten in wine whey or barley water. This is excellent in all kinds of inflammatory, putrid, or malignant fevers; and is sold at an advanced price by the preparers.

*Compound Powder of Ipecacuhana, or Dover's Powders.—A Sudorific.*

Take vitriolated tartar, four ounces and a half; opium and ipecacuhana powdered, each half an ounce: mix and make them into fine powder. Dose, from ten grains to twenty-five in half a pint of wine whey once a day.

*Cornachinis Powder.*

Take of sulphurated diagrydium, ten drams: of diaphoretic antimony, six drams: of cream of tartar, two ounces and a half: make them into a

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fine powder. Dose, from eight grains to one dram. This is a good purge.

*Powder against Worms.*

Take tin reduced to fine powder, one ounce: coraline and worm seed, each one ounce: savin and saffron, each a dram: mix and give from twenty grains to two drams every night, in any liquid.

*Earl of Warwick's Powder.*

Take of scammony prepared with the fumes of sulphur, two ounces: of diaphoretic antimony, one ounce: of the chrystal of tartar, half an ounce: make them all together into powder. Dose to children from five to fifteen grains; to grown persons, from fifteen to thirty grains in any liquid, once a day. This is a good purge for hard swelled bellies and against worms.

*Powder against the Heartburn.*

Take white chalk, six ounces: crabs' eyes and claws, of each one ounce and a half: sugar candy, half an ounce: oil of nutmegs, six drops: mix and give a dram a day in a cup of cold water.

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**PILLS.**

*Female Pills.*

Take of Barbadoes aloes, an ounce: Castile soap sliced, an ounce: powder each separate in

a mortar, mix, and add of soluble tartar, two drams : make into a mass for pills with mucilage of gum arabic or common sirup. Dose, two or three once a day. They keep the body laxative and are proper to be taken by women during pregnancy, and at the turn of life, also in diseases of the head should be taken to four, five, or six in a day in maniacs, as strong purges is the best remedy in these cases, by adding half a dram of the powder of canthrides and omitting the soluble tartar makes the female pills for obstruction of the menses in females. The powder of the flies must be carefully rubbed with the aloes before the soap is added ; to be made into one hundred and twenty pills. Dose, two or three once a day for two or three days, then must omit them for five or six days, and repeat until they have the desired effect.

### *Confection of Opium.*

Take of hard purified opium powdered, six drams : long pepper, ginger, and caraway, of each two ounces : sirup of white poppy boiled to the consistency of honey, three times the weight of the whole : mix the purified opium with the heated sirup and add the rest of the powder. The dose is from ten to thirty grains to ease pain and procure sleep.

### *Jalap Pills.*

Take of extract of jalap, two ounces : aromatic species, half an ounce : simple sirup, enough to make them into a mass of pills. Dose, two or three every night where cathartics are necessary.

*Rufuss Pills.*

Take of succotrine aloes, two ounces: myrrh and saffron, each one ounce: make into a mass with sirup of saffron. Dose, from ten grains to twenty, every night. These are good against stoppage of the menses and other obstructions.

*Pills for the Hiccup.*

Take ambergrease, two grains: musk, one grain: opium, two grains: salt of amber and flowers of benjamin, each six grains: balsam of Peru, enough to form them into nine pills. Dose, three at a time every four hours.

*Castor Pills.*

Take Russia castor, one dram: salt of amber, half a dram: balsam of Peru, sufficient quantity: make them into twenty-four pills. Dose, three or four twice or three times a day. These are proper for nervous diseases in either sex.

*Pills for the same with Cinnabar.*

Take native cinnabar finely powdered, two drams: castor and salt of amber, each one dram: oil of marjoram, twelve drops: balsam of Peru, one dram: sirup of peony, sufficient to make a mass: form into sixty pills. Dose, three at once three or four times a day. These are good in all nervous disorders, head achs, epilepsies, and the palsy

*Pills for the Nerves.*

Take conserve of rosemary, half an ounce:

powder of Russia castor, two drams : powder of velerian, two drams : of musk, twenty grains : of native cinnabar, two drams powdered : salt of amber, two drams : make into a mass for pills with sirup of rue Dose, three or four twice a day. These are my own inventing, and are very efficacious in all nervous diseases ; in costive habits two drams of powder of Turkey rhubarb may be added. Dose, as the former.

### *Pills against Melancholy.*

Take gum ammoniacum strained, two drams : salt of steel calcined to whiteness, twenty grains : myrrh and castor, each fifteen grains : saffron, ten grains : troaches of alhandal, a dram : resin of jalap and scammony prepared, of each twenty grains : oil of fennel, five drops : elixir proprietatis, enough to make them into fifty pills. Dose, from two to four once a day.

### *Compound Galbanum Pills.*

Take of galbanum, opopanax, myrrh, sagapenum, of each one ounce by weight : asafœtida, half an ounce by weight : sirup of saffron as much as is sufficient : beat them together and form into middling sized pills : three or four may be taken once or twice a day for hysterick and all nervous affections.

### *Squill Pills.*

Take of fresh dried squills powdered, one dram by weight : ginger powdered and soap, of each three drams by weight : ammoniacum, two drams

by weight; sirup of ginger, as much as is sufficient; beat them together. These are good for the asthma, dropsy, &c. Dose, from ten grains to fifteen once a day.

### Quicksilver Pills.

Take of purified quicksilver, two drams; conserve of roses, three drams; liquorice finely powdered, one dram by weight; rub the quicksilver with the conserve until the globules disappear, then add the liquorice powder and mix them together. Dose, from half a scruple to twenty grains once a day.

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### SIRUPS.

#### *Sirup against Melancholy and Palsy.*

Take flowers of stoeches, four ounces: thyme and calamint, each one ounce and a half: sage, betony, and rosemary flowers, each half an ounce: seeds of peony, rue, and fennel, each three drams: boil the ingredients in five quarts of water until it decreases to five pints, strain and boil into a sirup with honey and sugar, each two pounds: when boiling add cinnamon, ginger, calamus aromaticus, each two drams: tied up in a little bag. Dose, a table spoonful every morning. This is good in palsies, tremours of the limbs, convulsions, cramps, and other diseases proceeding from cold moist humours.

*Simple Sirup.*

Dissolve in water fine loaf sugar, as much as will make it a sirup.

*Sirup of Vinegar.*

Take vinegar, one quart: white sugar, three pounds and a half: boil to the thickness of a sirup. This is good to expectorate and cut tough phlegm.

*Sirup of Maidenhair.*

Take maidenhair, five ounces: boil in two pints of water, with liquorice root, three ounces: colt's foot and hysop, each a handful: strain and boil up again with loaf sugar, sufficient to make it into a sirup. This is good in asthmas and all diseases of the breast, and may be mixed with sirup of vinegar for the same purpose. Dose, from two tea spoonfuls to a table spoonful twice a day.

*Sirup of Ginger.*

Take of powder of ginger, one ounce and a half: boiling water, a pint and a half: white sugar, three pounds: infuse the ginger twenty-four hours in the boiling water in any vessel, then to the clear liquor add the sugar powdered, and make it into sirup.

*Astringent Sirup.*

Take of oak bark, eight ounces: logwood, pomegranate shells, and roots of tormentil, of each one ounce: sloes and barberries, each two ounces: or the same quantity of the bark of sloe tree, boil in

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three pints of water until it comes to one pint and a half, strain and add diascordium, half an ounce : loaf sugar, enough to make it into a sirup. This is good in diarrhœas and all obstinate fluxes, also in intermittents where there is a tendency to purging. Dose, to grown persons, from two tea spoonfuls to a table spoonful twice a day ; to children according to their age.

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## ELECTUARIES.

### *An Electuary to prevent Miscarriage.*

Take of fine cinnamon in powder, six drams : oil of nutmegs by expression, two drams : saffron, half a dram : balaustines and cochineal, of each twenty grains : flowers of benjamin, ten grains : juice of kermes, enough to make an electuary. Dose, the size of a nutmeg twice a day. If it gets dry by keeping, a little juice or sirup may be mixed to moisten it.

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## BALSAMS.

### *Friar's Balsam.*

Take dry peruvian balsam, one ounce : storax in the tear, two ounces : benjamin, three ounces : succotrine, aloes, myrrh, olibanum, angelica roots, St. John's wort flowers, each half an ounce : spirit of wine, three pints : let them stand together

in the sun for one month, in a glass vessel close stopped, afterwards strain for use; it is best made in the month of July. This is good in cleansing foul ulcers, also cuts, wounds, and bruises; internal, it expels wind in the most choleric complaints. Dose, six drops once a day in wine or water.

*Trumatic, or Vulnerary Balsam.*

Take of benzoin, three ounces: storax strained, two ounces: balsam of Tolu, one ounce: succotrine aloes, half an ounce: proof spirit of wine, two pints: digest that the gums may dissolve and strain off the balsam for use. Dose, one tea spoonful twice a day in honey, colt's foot, maidenhair, or marshmallow tea.

*Balsam of Chrystal.*

Take spirit of turpentine, one pound: add of coarse brown sugar the fattest that can be obtained, three ounces: put into the turpentine in a quart bottle, set near a fire to get a gentle heat for ten days, often shaking up the bottle, afterwards pour off the liquor and strain for use. The dose is from ten to fifteen drops once a day in cold water for gravel, stone, ulcers of the kidneys, womb, bladder, bloody urine, pains of the back and loins, cramp, palsy, aches and pains of the limbs, cuts, burns, scalds, bruises, and strains, inflammation, abscesses, rheumatism, gout, chilblains, &c. If two drams of camphor is added to a pint of the balsam it makes a better medicine.

## DECOCTIONS.

### *Decoction of Sarsaparilla.*

Take of sarsaparilla sliced, six ounces by weight: water, eight pints: simmer over a slow fire until it wastes to six pints, add towards the latter end, of liquorice root sliced, half an ounce: boil for half an hour and pour off clear: then take the ingredients, bruise in a mortar and boil up again with four pints of water for two hours. Dose, half a pint once or twice a day to wash down the imperial pills.

### *Decoction against falling down of the Womb.*

Take smith's forge water, one quart: oak bark, one ounce: boil gently over a slow fire, add alum one dram: pomgranate shells, half an ounce: pour it off clear and bathe the part twice a day: it may be taken inwardly for the same purpose. Dose, one table spoonful twice a day mixed with a little red port wine.

### *White Decoction to stop a Looseness.*

Take of calcined hartshorn prepared, two ounces: gum arabic, two drams: water, three pints: boil until it reduces to one quart, strain off the liquor. Take two table spoonfuls every three hours.

### *Decoction for Glysters.*

Take of marshmallow leaves dried, one ounce: chamomile flowers dried, sweet fennel seeds, each half an ounce: water, one pint: boil them together and strain for use.

## TINCTURES.

### *Huxham's Compound Tincture of Cinchona, or Peruvian Bark.*

Take of cinchona powdered, two ounces by weight: exterior peel of Seville orange dried, one ounce and a half by weight: Virginia snake root bruised, three drams by weight: saffron, one dram by weight: cochineal powdered, two scruples by weight: proof spirit of wine, twenty ounces by measure: digest for fourteen days, and strain for use. The dose is from one to four drams twice a day after long fevers and agues; it is an excellent corroborant and stomachic it warms and comforts the whole frame, and relieves those chills which remain after fevers, nervous, intermittent, or malignant.

### *Compound Tincture of Gentian.*

Take of gentian sliced and bruised, two ounces by weight: exterior peel of Seville orange dried, one ounce by weight; lesser cardamom bruised, half an ounce by weight: proof spirit of wine, two pints: digest for eight days and strain.

### *Tincture of Myrrh.*

Take of myrrh bruised, three ounces by weight: proof spirit of wine, a pint and a half: rectified spirit of wine, half a pint: digest with a gentle heat for eight days and strain.

### *Tincture of Opium.*

Take of hard purified opium powdered, ten

drams by weight: proof spirit of wine, one pint: digest for ten days and strain.

*Tincture of Serpentary.*

Take of Virginia serpentary, three ounces by weight: proof spirit of wine, two pints: digest for eight days and strain.

*Tincture of Squills.*

Take of squills fresh dried, four ounces by weight: spirit of wine, two pints: digest for eight days and pour off the liquor.

*Compound Tincture of Cinnamon.*

Take of cinnamon bruised, six drams by weight: lesser cardamoms, three drams by weight: long pepper, ginger, of each in powder, two drams by weight: proof spirit of wine, two pints: digest for eight days and strain.

*Tincture of Cardamom.*

Take of lesser cardamom bruised, three ounces by weight: proof spirit of wine, two pints: digest for eight days and strain.

*Tincture or Infusion of the Rose.*

Take of the dried red rose leaves, half an ounce by weight: vitriolic acid diluted, three drams by weight: boiling water, two pints and a half: double refined sugar, one ounce and a half: first pour the water upon the roses in a glass vessel, then add the diluted vitriolic acid and macerate for half an hour, strain the liquor when cold, and add the sugar:

*Tincture of Saffron.*

Take English saffron, four ounces: proof spirit, one pint: infuse for five days, strain the tincture. Dose, two tea spoonfuls twice or three times a day. This is necessary in cold phlegmatic habits, and may be mixed with any other medicines for the same purpose.

*Tincture of Asafætida.*

Take asafætida, four ounces: proof spirit of wine, two pints: digest six days, strain for use. Dose, from ten drops to sixty in rue tea, for hysterics, fits, obstructions of the menses, and most nervous diseases.

*Tincture of Guaiacum.*

Take gum resin of guaiacum, four ounces: of compound spirit of ammonia, a pint and a half; digest without heat in a vessel close stopped a few days, afterwards strain for use. Dose, one tea spoonful once or twice a day, in mustard whey, green, balm, or rosemary tea. This is good in all rheumatic and gouty cases, foulness of blood, &c.

*Volatile Tincture of Valerian.*

Take wild valerian roots in powder, four ounces: compound spirit of ammonia, two pints: digest without heat eight days in a close vessel, afterwards strain for use. Dose, one or two tea spoonfuls twice a day in lavender tea or cold water.

*Tincture of Castor.*

Take of Russia castor powdered, two ounces: proof spirit, two pints: digest ten days without

heat, strain for use. Dose, from twenty drops to sixty, in mint or balm tea; this may be taken in nervous diseases, fevers, &c.

*Volatile Tincture of Peruvian Bark.*

Take of peruvian bark, four ounces: spirit of sal ammoniac, two pints: digest in a close vessel five days without heat, strain for use. Dose, one or two tea spoonfuls twice a day in a little white wine. This is good in obstructions of the breast, difficult breathing, where the circulation is languid the fibres relaxed, and a periodical return of slight feverish complaints.

[*Tincture of Rhubarb.*

Take of Turkey rhubarb sliced, two ounces: lesser cardamoms bruised, half an ounce: saffron, two drams: proof spirit of wine, two pints: digest for seven days, strain for use. Dose, three tea spoonfuls three or four times a day. This is good in choleric complaints, and weakness of the intestines.

*Tincture of Galbanum.*

Take of galbanum cut into small pieces, two ounces: proof spirit of wine, two pints: digest with gentle heat for eight days and strain. This is a warm antispasmodic, and is of service in disorders, nervous, asthmatic complaints of old people, in hysterics, flatulency, &c. The dose is from one to three drams, in balm, sage rosemary, or penny royal tea, or hysop, colt's foot, or liquorice root decoction.

*Tincture of Catechu.*

Take of catechu or Japan earth, one ounce and a half: cinnamon bruised, one ounce: proof spirit of wine, one pint: digest three days and strain. Dose, one or two drams once a day in any liquid.

*Tincture of Colomba Root.*

Take of Colomba root powdered, two ounces: proof spirit of wine, two pints: digest for eight days and strain. Dose, from one to two drams in bilious purgings and vomitings.

*Tincture of Senna, called Daffy's Elixir.*

Take senna, one pound: caraway seeds bruised, one ounce and a half: lesser cardamomis bruised, half an ounce: raisins stoned, sixteen ounces: proof spirit of wine, one gallon: digest for fifteen days and strain. If this is wanted more purging one ounce of jalap root sliced, or rhubarb may be added. The dose is from half an ounce to an ounce in all kinds of cholics, asthmas, and dropsy.

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## MIXTURES.

*The Musk Mixture.*

Take of rose water, six ounces by measure: musk, forty grains by weight: gum arabic powdered, double refined sugar, of each one dram by weight: rub the musk with the sugar, then with the gum, and add the rose water by degrees. Dose, from one to two table spoonfuls for the hiccup, convulsions, spasms, every three hours.

*Mixture for Pain of the Stomach.*

Take peruvian balsam, three drams : of stomachic tincture, four drams : of aromatic confection, forty grains : of the balsam of mecca, two drams : of spring water, three ounces : mix and take from four tea spoonfuls to one table spoonful every four hours when the pain is violent. This is a most excellent remedy for pain of the stomach caused by the morbific matter of the gout, also in palsies, cramp, indigestion, wind, &c. -

*The Saline Julep, or Mixture.*

Take of kali, six drams : of spearmint water distilled, two ounces : spring water, four ounces : mix, dose one or two table spoonfuls in the same quantity of lemon juice to be taken in the act of fermentation every three hours, in fevers, bilious vomiting, coughs, colds, inflammations, &c. In low fevers one dram of tincture of castor may be added to the julep.

*Camphorated Mixture.*

Take of camphor, one dram : rectified spirit of wine, a few drops : double refined sugar half an ounce : boiling water, one pint : rub the camphor with the rectified spirit of wine, then with sugar, lastly with the water by degrees, and strain the mixture.

*Chalk mixture.*

Take of prepared chalk, one ounce : double refined sugar, six drams : gum arabic powdered, one ounce : water, two pints : add simple cinna-

mon water, two ounces. Dose, two table spoonfuls in purgings, fluxes, and disorders arising from acids may be taken every three hours.

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## LINIMENTS.

### *Volatile Liniment.*

Take oil of hartshorn, one ounce: spirit of hartshorn, one ounce: mix them, or take oil of almonds, one ounce: spirit of sal ammoniac, two drams: shake well together: or take spirit of hartshorn, one ounce: olive oil, one ounce: shake up well. These are all good for external use, to dissolve hard tumours, and repel inflammatory quinsies; where one is too sharp for the skin, another may be used, or a little spring water may be added.

### *A cosmetic Liniment.—An excellent beautifier.*

Take oil of bitter almonds, two ounces: spermaceti, three drams; magistry of bismuth, a dram: oil of rhodium six drops; make into a liniment. This by being rubbed on the face and hands takes away pimples, freckles, sun-burn, and makes the skin remarkable soft, smooth, and white, without the least danger which occurs from paint, being a composition from white lead, and causes numerous diseases on the nerves, which in time proves fatal.

### *Liniment to make the Hair grow.*

Take gum labdanum, six drams: bear's grease,

two ounces : honey, half an ounce ; southernwood powdered, three drams ; oil of nutmegs, a dram ; balsam of Peru, two drams ; mix together, and first rub the bald part with the juice of an onion until it is red, then rub with this liniment three times a day, continue the use of it for two or three months, and it will have the desired effect.

### *A Liniment to take off the Hair*

Take quick lime, four ounces ; auripigment, one ounce and a half ; orris roots, one ounce ; nitre and sulphur, each half an ounce ; strong soap lees, two pints ; mix and boil to a consistence, then add oil of cloves, twenty drops ; mix these ingredients altogether, and lay on the part where the superfluous hair grows, let it remain half an hour, take it clean off, and rub the part with a little oil after the soreness is gone off, repeat the other until the hairs with the roots fall off.

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## OILS.

### *A beautifying Oil.*

Take oil of bitter almonds, four ounces : oil of tartar per deliquium, half a dram : oil of rhodium, eight drops : shake well together. This makes the skin remarkably soft, smooth, and white, it takes off specks, pimples, sun-burn, and is an excellent cosmetic. A little may be rubbed on the face and hands once a day.

*Oils of Chamomile, Wormwood, St. John's Wort,  
Dill, Lilly, Roses, Rue, &c.*

Take of chamomile, flowers, four ounces : olive oil, two pints : pour the oil upon the flowers and let them stand near a gentle heat twelve days, and strain for use. After the same manner are prepared the following, oil of wormwood tops, oil of St. John's wort, oil of dill leaves, oil of white lily flowers, oil of red roses, oil of rue leaves, &c.

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*SPIRITS, ELIXIRS, &c.**Spirit of Mindererus or Ammoniac.*

Take of the volatile salt of sal ammoniac, one ounce : pour upon it by degrees (stirring the mixture at the same time) spirit of vinegar, a sufficient quantity, as much as will cause an effervescence, after keep close stopped for use.

*Camphorated Spirit of Wine.*

Take of camphor, two ounces : proof spirit of wine, two pints : mix them that the camphor may be dissolved. This is good in strains and bruises.

*Paregoric Elixir, or Camphorated Tincture of Opium.*

Take of flowers of benzoin, opium strained, of each one dram : camphor, forty grains : essential oil of anniseeds one dram : proof spirit of wine, two pints : digest a few days and strain for use. Dose,

half a dram to two drams once or twice a day in any emollient liquid. This is of service where the lungs are stuffed with cold viscid phlegm, and where there is difficulty of breathing.

### *Scorbutic Juices.*

Take of the juice of garden scurvy grass, oranges, and water cresses, each one pint: spirituous nutmeg water, quarter of a pint: let them stand until the sediment falls to the bottom, then pour off the clear liquor. These are excellent sweeteners and should be taken spring and fall by those subject to cutaneous diseases. Dose, two or three ounces twice a day, which will promote urine and keep the body laxative.

### *Acid Elixir of Vitriol.*

Take of the aromatic tincture, a pint: of the strong spirit of oil of vitriol, four ounces by weight: mix them gradually, and when the faces are subsided filter through paper. The dose is from twenty drops to half a dram, in cold water or marsh trefoil tea, for fevers, fluxes, floodings in miscarriages, atrophy, nervous diseases, bursting of blood vessels, some kind of eruptions attended with vehement itching, it stops night sweats in the beginning of consumptions.

### *Aromatic Confection.*

Take of zedoary in coarse powder, saffron, of each two ounces: of water, ten ounces: macerate for twenty-four hours, press out, and strain, evaporate the strained liquor to half a pound, and add

of compound powder of crabs' claws, four ounces: cinnamon and nutmeg, of each half an ounce: cloves, two drams: lesser cardamoms in powder, one dram: loaf sugar, half a pound: powder the spices fine adding the loaf sugar, make a confection. Dose, from fifteen grains to one dram, but is mostly added to mixtures.

*Aromatic Vinegar to prevent infection.*

Take of mint wormwood, sage, rue, and lavender, of each a handful: simmer the herbs in two quarts of the best vinegar until it comes to three pints, strain, and add of camphor dissolved in spirit of wine, one ounce: of gum myrrh powdered, one ounce. This is good against infectious diseases, also coughs, colds, bruises, sprains, cuts, green wounds, &c. The dose internally, from one to two table spoonfuls once or twice a day, may sweeten with honey or loaf sugar.

*Ipecacuhana Wine.—An Emetic.*

Take of ipecacuhana bruised, one ounce: Spanish wine, one pint: digest for ten days and strain.

*Wine of Tartarised Antimony.—An Emetic.*

Take of tartarised antimony, twenty grains: boiling water, one ounce: Spanish white wine, four ounces: dissolve the antimony in the boiling water, then add the wine. The dose is from ten drops to one dram in any weak liquid.

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## INFLAMMATION OF THE KIDNIES.

(This was omitted in the former part of this work)

This may be known by the pain being in the loins, the urine is passed with difficulty and being of a red colour, for which, bleeding is an immediate relief. The diet must be light, the drink weak and emollient, such as marshmallow, linseed, or sarsaparilla decoction, balm tea, lime water mixed with milk and sweetened with honey, may be drank from one to two pints in a day, or take honey, four ounces: sal prunella powdered, half an ounce: olive oil, half an ounce: mix, and take a tea spoonful every three hours.

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## WATERS AND INJECTIONS.

### *Simple Lime water.*

Take of quick lime, one pound: put in an earthen vessel, pour upon it gradually two gallons of cold water, stirring it until the elubiation is over and the lime is subsided, then pour off the clear liquor, which must be kept in close vessels. This water may be made from calcined oyster shells. Lime water is an excellent medicine for scrofulous and scorbutic complaints, also for consumptions, fluxes, the whites, falling down of the womb or the fundament. Dose, a quarter of a pint mixed with equal quantity of milk, three times a day; it is also good to wash foul ulcers, and will do service in the gravel and stone.

*Compound Lime Water.*

Take of liquorice root, one ounce : sassafras bark, half an ounce : simple lime water fresh made, six pints : infuse without heat three days, then strain off the liquor. This is preferable to the first in sweetening the blood, and ought to be taken after gonorrhæas. Dose, as the first.

*Gouland's Extract of Saturn.*

Take one pound of litharge of gold, one quart of vinegar made of French wine, boil them slowly in a proper vessel for two hours, stir it frequently with a wooden spoon, afterwards let it stand until it is cold and the fauces subsided to the bottom, then pour off the liquor for use, and keep in bottles close corked.

*Gouland's Mineral Water.*

Take two tea spoonfuls of the above extract and mix with a quart of water, add four tea spoonfuls of French brandy. This is an excellent remedy for inflammations of the eyes, against fluxations on the tympanum occasioning deafness, a few drops may be used mixed with twice the number of camphorated brandy, for washing ulcers, cancers, scrofula, contusions, phlegms, erysipelas, piles, chilblains, whitloes, titters, sealds, and gangrene ; it may be used in the form of a wash as directed before. If the extract is mixed with a small quantity of spirit of wine rectified, it will relieve inflammatory and indurated tumours, recent strains, &c. &c.

*Injection for Ulcer in the Womb.*

Take lime water, a pint : dissolve in it white

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vitriol, one dram : and inject with a syringe once or twice a day.

*Another for the same with muriated Quicksilver.*

Take rhasis white troaches, two drams : dissolve in barley water or a decoction of marshmallow roots, one pint wherein hath been boiled one handful of red rose leaves : inject twice a day : or take muriated quicksilver, half a dram : dissolve in a pint of decoction of hemlock or lime water, and inject once a day. This is proper in all cancers or schirrus, tumours in the womb or vagina.

*Strengthening Injection for the Womb.*

Take mint, red rose leaves, and sorrel, of each one handful : cinnamon and pimento, each two drams : boil them in a pint of water until it wastes to half a pint, then add of red port wine, one pint : simmer it a little and strain for an injection, to be used just warm, or to set over the steam of it hot.

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## OINTMENTS, PLASTERS, AND SALVES.

*Ointment for all manner of Sores.*

Take sallad oil, three pints : sage, lavender, southernwood, wormwood, chamomile, each a handful : cut the herbs small and mix with the oil, and keep in an earthen vessel close covered for the space of a month, then boil it over a slow fire in the same vessel it hath been kept in, if more oil is necessary it may be added in the boiling, afterwards strain it

through a thick cloth for use. This is excellent in all manner of old sores, ulcers, bruises, bites of venomous creatures, &c.

### *Ointment of Tobacco.*

Take of the juice of green tobacco, one pound : juice of green valerian, four ounces : of fresh hog's lard, one pound : boil them together over a slow fire to the consumption of one pound, then add Venice turpentine, four ounces : and of round birthwort in powder, two ounces : make them into an ointment.

### *Rose Ointment.*

Take any quantity of hogs' lard without salt, put it in an earthen vessel, pour on it as much water as will rise above it some inches, digest them together ten days, renewing the water every day, then melt the lard with a gentle heat, and pour it into a proper quantity of rose water, work them well together, and afterwards pour off the water, and add a few drops of oil of rhodium. This is for softening and smoothing the skin and healing chaps.

### *Saturnine Ointment.*

Take of sugar of lead, half an ounce : white wax, three ounces : olive oil, one pint : mix the oil and wax together, and gradually add the sugar of lead (first well mix with a little of the oil) continue stirring them until they grow cold, and they will unite into an ointment. This is an excellent cooler and desicative, and may be rubbed on the external parts of ulcers, impostumes, also inflammations and swellings which are painful.

*The Soldier's Ointment.*

Take of fresh bay leaves, three pounds: of rue, two pounds and a half: of marjoram, two pounds: of mint, one pound: of sage, wormwood, comfrey, and basil, each half a pound: olive oil, twenty pounds: yellow bees wax, four pounds: of Malaga wine, half a pound: make these into an ointment by bruising, boiling, and expression: those who choose to make small quantities may reduce the above ingredients, but it is kept in most drug-gists' shops.

*Ointment of many virtues.*

Take eight handfuls of the herb adder's tongue, three handfuls of great sanicle or lady's mantle, two handfuls of ground ivy, two handfuls of elder leaves, two handfuls of St. John's wort, one handful of bugle, two handfuls of moon-wort, two handfuls of broom blossoms, bruise all the herbs in a mortar and add six pounds of fresh butter from the churn, mix all together and lay down in an earthen vessel for a month, then boil them gently to crispness and strain through a cloth and boil over again, and add one ounce of oil of turpentine and two drams of verdigrease to give a colour (or may be omitted) put into an earthen vessel for use. This excellent ointment was invented by my father and never before made public, it cures ulcers of long standing in the legs or other parts of the body, also scurvy, eruptions, scabby heads, aches and pains of the limbs and joints, contractions of the tendons, cramp, palsy, inflammations, abscesses, piles, fistulas, cuts, green wounds, bites

of mad dogs, vipers, stings of bees, eases the tooth ach, corns, and even extends its noble virtues to the brute creation, it cures wounds in cattle, also bites of venomous creatures in them. It is worth a crown an ounce for its goodness in all the above diseases, it cures burns and scalds in a few times using. This receipt and the anodyne ointment is of inestimable value.

*Anodyne Ointment.*

Take of the flowers and leaves of the purple fox glove, half a pound: of the blossoms of broom, two ounces: of the young buds of elder, two ounces: of the leaves of hemlock clean picked from the stalks, half a pound: of the flowers of St. John's wort, two ounces: leaves of golden rod, half a pound: bruise altogether in a mortar and add two pounds of hog's lard or fresh butter, simmer altogether over a slow fire six hours until the herbs are crisp, strain through a cloth, and when cold melt over again, let it simmer ten minutes and pour into an earthen vessel for use. This is a most valuable ointment for old ulcers, green wounds, bite of mad dogs, vipers, stinging of bees, wasps, and hornets, cures biles, tetterers, scabby eruptions, pimpled faces, sore eyes, chilblains, white swellings, king's evil, sores, or swellings of the glands, also cuts, bruises, piles, fistulas, abscesses in women's breasts, scabby heads in children; it is of my own inventing, and sells at two shillings an ounce.

*Quicksilver Ointment.*

Take of purified quicksilver, one pound: hog's

lard, one pound: of mutton suet prepared, half an ounce: first rub the quicksilver with the suet and a little hog's lard until the globules disappear, then add the remainder of the lard and make an ointment.

*Stomach Plaster.*

Take of soft labdanum, three ounces: frankincense, one ounce: cinnamon, the expressed oil of mace, each half an ounce: essential oil of mint, one dram: melt the frankincense, add to it first the labdanum softened by heat, afterwards the oil of mace, then mix with the cinnamon and oil of mint, beat them together in a warm mortar to a mass. This is designed for the stomach in weakness of the viscus, in vomiting, and the disease improperly called the heartburn, a little may be spread on linen or leather and applied over the pit of the stomach.

*Plaster, called the flower of Ointment.*

Take of common resin, resin of the pine tree, yellow wax, sheep's suet, of each half an ounce: of olibanum, four ounces: of turpentine, two ounces and a half: of myrrh and mastich, each one ounce: of camphor, two drams: of white wine, half a pint: boil them together until they are of a proper thickness. This is good to soften and draw the infected matter out of old sores, it gives ease in the pains peculiar to women's breasts, which proceeds from colds or humours falling on the part, a little may be spread on linen and applied once a day.

*Plaster of Hemlock.*

Take of hemlock, four handfuls : ammoniacum, six ounces : infuse them in two pints of vinegar eight days, then boil them until the ammoniacum is dissolved, then strain the liquor out strongly and add bees wax, four ounces : oil of sweet almonds, one ounce : boil gently until it becomes of a proper thickness. This gives ease in extreme pains, allays the inflammation of wounds, being spread on linen cloth and applied to the part.

*Plaster for the Feet in Fevers.*

Take of galbanum, half an ounce : Burgundy pitch, half an ounce : mix and apply spread on linen over both feet ; in fevers where there is too great a circulation towards the head it will give relief.

*Mercurial Plaster.*

Take of quicksilver, eight ounces : Venice turpentine, two ounces and a half : common plaster, a pound and a half ; rub the quicksilver in a mortar with the turpentine until the globules disappear, then by little and little add the plaster melted with a gentle heat ; the size of a walnut may be spread on linen or leather, and applied to the parts affected with the pains, as often happens in the limbs or joints, from nodes, tophs, beginning of schirrus and cancers, and venereal complaints will often yield to it.

*Strengthening Plaster.*

Take of common plaster, two pounds : frankin-

cense, half a pound : dragon's blood, three ounces : melt the common plaster and add the other ingredients finely powdered. This is designed for weakness of the back and loins, and should be worn sometime.

*To take away Corns.*

Take black soap, one dram : one black snail bruised, mix them, spread on a little leather, and apply to the corn, repeat until the corn is gone : or make a plaster of galbanum, apply to the corn, first paring it close, and it will take it away : or take turpentine, the size of a pea : as much red wax : melt them together and make a plaster and apply to the corn : or pare the corn near and take the inner part of a fig and mix with a little verdigrease, lay on the corn and bind it fast with a linen cloth, let it remain some time, repeat a few times and it will take the corn out entirely : or take diachalon with the gums spread on linen and lay over the corn.

*Salve for Women's Breasts that are imposthumed.*

Take juice of smallage and plantane, each half a pint : add honey, half a pound : the whites of four new laid eggs, mix with wheat flour sufficient to make them of a proper thickness : spread on a linen cloth and apply cold to the breast, repeat once a day.

*Salve for a deep Wound or Cut.*

Take the yolk of a new laid egg : honey, half an ounce : turpentine, four drams : mix well together and apply as a plaster to the wound : or dip

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a little lint in it and lay on the part, repeat until it is well.

*To make the Black Salve for cleaning Foul Ulcers and incarnating sound Flesh.*

Take stale ale, four quarts: woodbine leaves, two handfuls: seeded nettles, half a handful: colewort with the leaves on, a handful: red onions, half a pound: garlic peeled, a pound: leeks, a handful: of the powder of peruvian bark, two ounces: bruise the ingredients in a mortar, and afterwards infuse in the ale roach allum, half a pound: boil them over a slow fire until they consume to half, then strain through a cloth and add of rosin, half a pound: bees wax, a pound: nerve oil that is green and good, half a pound: honey, a pound: mix altogether and let it stand for the space of five days, afterwards boil it over a slow fire, keeping it stirring until it wastes to half the quantity, when cold put it into a clean earthen vessel and keep for use. Those who try this salve will find it efficacious for what its title expresses.

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## GLYSTERS, &c.

### *Purging Glysters.*

Take common glyster decoction, ten ounces: plexex duobus, one dram and a half: sirup of buckthorn, one ounce: oil of juniper, two drams: oil of chamomile, one ounce: mix for one glyster, and give milk warm.

*Laxative Glyster.*

Take linitive electuary, one ounce: decoction of chamomile flowers, half a pint: honey, one ounce: sweet oil, one ounce: mix for one glyster.

*Emollient Glyster.*

Take milk, ten ounces: or thin water gruel, the same quantity: olive oil, three ounces: pulp of cassia, one ounce: brown sugar, a spoonful: warm and give at once.

*Another.*

Take chickens guts made into broth, one pint: oil of sweet almonds, two ounces: sugar, one spoonful: mix for one glyster. These are proper in all bilious cholies and obstructions in the intestines from confined wind, or the lodgment of tartarous sharp matter.

*Hysteric Glyster.*

Take rue, camomile flowers, each an handful: round birthwort root, half an ounce: mint and fennel, each half a handful: boil in one pint of water strain and add, tincture of asafœtida, one dram: tincture of castor, one dram: oil of amber, half a dram: brown sugar, one spoonful: mix for one glyster.

*Carminative Glyster.*

Take camomile flowers, a handful: bay berries, one ounce: angelica root, one ounce: dill leaves, half a handful: make into a decoction in one pint and a half of water, over a slow fire, strain and

add olive oil, one ounce: oil of anniseeds, one dram: brown sugar, a table spoonful: mix and give at twice milk warm.

### *Healing Glyster.*

Take strong broth made of tripe, one pint: add in the boiling two drams of isinglass or garden snails bruised with their shells, two ounces: add diascordium, two drams: bees wax, half an ounce: strain give warm. This is good in all fluxes where the intestines are divested of their mucus by the acrimony of sharp humours.

### *Restrigent Glyster.*

Take oak bark, one ounce: diascordium made without honey, half an ounce: powder of harts-horn, one ounce: boil in strong mutton broth one pint until it comes to ten ounces, strain the decoction and then dissolve the diascordium in it and add the yolk of two eggs, mix and give warm.

### *Another.*

Take strong sheep's head broth, six ounces: powder of cinnamon, a dram: of Japan earth, half a dram: the yolks of two eggs: mix for a glyster. These are designed to convey nourishment where the patient cannot take any at the mouth, as there is a possibility of the contents being absorbed by the lacteal vessels, which come in reach of artificial remedies, so as to preserve the patient's life sometime, as in diseases of the throat from quinsies, or in deliriums, melancholy, and madness, also young children, which will not take medicine.

*Anodyne Glyster.*

Take conserve of roses, one ounce: diascordium, two drams: simmer them in Canary wine, six ounces: add spirit of cinnamon, two ounces: strain and mix the liquor with the yolk of two eggs, of opium, ten drops: and give for one glyster. This is designed for obstinate diarrhæs where the patient is languid and cannot sleep, it may be continued some time, and must be given at night in bed.

*Febrifuge Glyster.*

Take peruvian bark in powder, half an ounce: boil it in one pint of tanner's ouse water, to which add fracastorious confection without honey, half an ounce: give for a glyster to children, the quantity may be reduced to half or a quarter. This is designed for those who cannot take bark any other way.

*Ripening Cataplasm.*

Take figs, four ounces: yellow basilicon ointment, one ounce: galbanum strained, half an ounce: first beat the figs in a mortar, and drop in gradually spirits of wine or strong ale, then mix them: the ointment must be first mixed with the galbanum. This is to bring to maturity impostumes, abscesses, &c.

*Sinapism.*

Take mustard seed in powder, crumb of bread, each equal quantities: mix with strong vinegar to a proper thickness. This is intended for the feet

in fevers, apoplexies, epilepsies, and where the circulation is too great towards the head, but it will often raise blisters if kept on too long.

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## POULTICES.

### *Water Poultice.*

Take the crumb of wheat bread cut in thin slices, pour on it boiling water by degrees and keep mashing it until it is of a proper thickness. This will ease pains in ulcers and old sores.

### *Febrifuge Poultice.*

Take green rue, a handful : black soap and bay salt, each one ounce : one pickled herring stripped from the bones : ointment of marshmallows, one ounce and a half : sharp vinegar, as much as is sufficient to make it into a smooth poultice.

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A TABLE  
OF  
*THE WEIGHTS AND MEASURES*  
OF THE  
*Edinburgh Dispensatory.*

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## WEIGHTS.

A Grain	is equal to	The weight of a Grain of Wheat
A Scruple		Twenty Grains
A Dram		Three Scruples
An Ounce		Eight Drams
A Pound		Twelve Ounces

## MEASURES.

A Tea Spoonful	is equal to	A Dram
A Table Spoonful		Half an Ounce
An Ounce		Eight Drams
A Pint		Sixteen Ounces
A Gallon		Eight Pints

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*FINIS.*

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55	23	for sago read sage
125	25	for boney read honey
164	7	for comfrey read costmary
254	21	for power read powder
121	25	for jalap read julep
147.	31	for jalap read julep

